LONDON WEEKLY NEWS &

Shepherd's Bush CHRONICLE

First established 1883 | PICK UP A FREE COPY | Thursday, October 22nd 2015

Pro-cycling blitz on blackspot junctions

BY JACK DIXON
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DANGEROUS roads and roundabouts are set for a radical redesign under new plans to "revolutionise" cycling in Shepherd's Bush.

Several notorious junctions across the borough have been earmarked for changes as part of ongoing efforts to encourage commuters to ride into work.

Special feeder lanes and advanced stop lines for cyclists will be added to the junctions between Uxbridge Road and Old Oak Road, and Scrubs Lane and North Pole Road, subject to public consultation.

Various other improvement schemes, including training programmes for lorry drivers and the creation of extra 'Boris bike' docking stations, are outlined in Hammersmith and Fulham council's new cycling strategy.

The plan aims to break down a series of "barriers" that prevent people who live and work in the borough from getting on their bikes.

Encouraging cyclists will reduce congestion on the roads and on public transport, while helping to solve the borough's air pollution problem and making streets safer for pedestrians, the council says.

Between 2001 and 2010 the number of cycle journeys per day in Hammersmith and Fulham more than doubled, and the borough already has one of London's highest cycling rates.

Around five per cent of all journeys are currently made by bike – more than 15,000 every day – but council chiefs believe they can hit hit eight per cent by 2020, creating a "cycling culture" where two-wheel trips are the first choice for short journeys.

Councillor Wesley Harcourt, the council's cabinet member for transport, said: "We have one of the highest rates of cycling in London but there is much we can still do to make cycling safer, easier and more family-friendly in Hammersmith and Fulham.

TURN TO PAGE 3

■ **NEW WAY FORWARD: Councillors Iain Cassidy and Wesley Harcourt launch Hammersmith and Fulham council's new cycling strategy at the award-winning Wormholt Park Primary School. Deputy headteacher Anika Hargie and pupils are pictured after the school's recent award for its innovative travel plan, which includes a major emphasis on cycling.**

Battle for first choice school places: Page 3

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Victims of conflict say huge thanks to Hammersmith school fundraisers

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Win afternoon tea at The Arch

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JAPANESE MISSION WELCOMES GREEN TRANSPORT BREAKTHROUGH

Driving towards a clean-fuel capital

THE Mayor of London, Boris Johnson, has welcomed news that some of the world's most advanced new hydrogen cars are coming to London, as part of his work to pioneer the use of the cleanest, greenest technology for the future of transport and infrastructure in the capital.

Manufacturer Toyota is set to deliver 12 brand new Mirai hydrogen powered vehicles to London, where four will be taken on by Transport for London to assist with essential engineering and maintenance work carried out between bus stops and Tube stations. The Mirai is the first hydrogen fuel cell sedan vehicle to be commercially mass produced. By the end of this year, all 12 of the vehicles will be on the road in the capital, to be used by private hire fleets and green minded businesses including the energy storage and clean fuel company ITM Power.

Toyota has named London as a key city for early adoption of hydrogen vehicles this year and next, given the Mayor's commitment to develop the necessary infrastructure and encourage motorists to move over to cleaner cars. The arrival of the new zero-emission cars is supported by the roll-out of vital new refuelling stations for hydrogen vehicles, and the Mayor's plans to introduce the world's first Ultra Low Emission Zone from 2020. In 2010, Transport for London launched the UK's first and Europe's largest fleet of hydrogen buses between Covent Garden and Tower Gateway. The service now runs eight buses across the route and is set to grow to ten in 2016.

FROM THE MAYOR'S OFFICE

The number of hydrogen refuelling stations in London is set to more than double by the end of 2016, creating provision for hydrogen vehicles in every corner of the capital. The Mayor's plans for the Ultra Low Emission Zone is helping to create a growing market for this type of cleaner technology, and will be a game changer in cleaning up London's air and enabling London's motorists to access greener vehicles.

The Mayor has been on a three-day trade mission to Japan, where he visited the headquarters of car manufacturing giant Toyota in western Japan and took one of the hydrogen powered Mirai for a test drive. He met with Toyota Senior Managing Officer Mr Kiyotaka Ise and General Manager Mr Yoshiaki Ito to discuss London's position as a market for alternative fuel cars, including hydrogen.

Mr Johnson said: "It is fantastic that London will benefit from these new state-of-the-art hydrogen vehicles. By embracing this technology of the future, we aim to consolidate hydrogen's role as a practical alternative fuel for the 21st century and beyond. I am sure that Transport for London will provide the ideal environment for us to see everything the Mirai can do and, in doing so, take another great step towards improving air quality in our city and protecting the health of Londoners."

Paul Van der Burgh, President and Managing Director for Toyota (GB) PLC, said: "We have been delighted to welcome the Mayor of London to our headquarters in Japan to see for himself Toyota's commitment to sustainable mobility. Toyota believes in hydrogen as a key enabler for building a future zero emissions society and we applaud the Mayor's commitment to embracing new technology in his mission to make London a leading global city for low-emission, low-carbon transport.

"The success of hydrogen will require constructive dialogue and action, bringing together industry, national governments and city authorities like London to share and develop skills and experience and to communicate the benefits that can be delivered to business and to individuals. Our Mirai fuel cell vehicle is a milestone in the history of the motor car and opens up unprecedented opportunities for cleaner, sustainable transport. Transport for London and the city it serves will provide the ideal environment for Mirai to demonstrate the significant potential of hydrogen as a practical alternative fuel for the next century and beyond."

There are currently seven zero-emission hydrogen passenger cars in London, but with the arrival of the Mirai and further cars expected from South Korean motor manufacturer Hyundai, this number is set to more than triple in the coming year.

Although still in early production, the Mirai, *pictured below*, represents an exciting opportunity for London which the Mayor is keen to exploit. TfL's cars, alongside the roll-out of hydrogen refuelling infrastructure, are the first steps towards their wider adoption. The UK is one of the first global markets to be ready to take on this type of technology. More than 300 of the cars are now on the streets in Japan, where infrastructure for the cars is rapidly growing.

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HISTORY LESSON: The real-life stories of Caribbean women who came to live in Shepherd's Bush during the 1950s and 1960s have been re-told in a new documentary film to mark Hammersmith and Fulham's Black History Month. 'Wind of Change' reveals the memories of women who left the West Indies, often leaving behind their friends, family and children, in search of a better life in Britain. Many came to west London in search of work, but others were following the rhetoric of recruitment campaigns or reuniting with husbands or fiancés who had already made the journey. Several Caribbean women are featured in the film, which was produced and directed by Rosalind Scanlon and Clive Clarke. All patrons of the Nubian Life Resource Centre in Ellerslie Road, the women are seen participating in drama workshops at the Macbeth Adult Learning Centre, providing a unique insight into Caribbean cultural history. A special screening, attended by Councillor Mercy Umeh, the Mayor of Hammersmith and Fulham, marked the launch of the borough's Black History Month. Producer Rosalind Scanlon said: "These stories can be valued and passed on to future generations and younger people so they can understand their heritage culture more completely. Pictured left to right, are Olga Stuart, Rosalind Scanlon, Marcelline Foster, Councillor Mercy Umeh and Hyacinth Mills.

'Revolutionary' cyclist-friendly redesign of dangerous junctions

FROM PAGE 1

"This cycling strategy is confirmation that the council is committed to delivering on the administration's commitments and will encourage cycling in the borough, while at the same time making streets and pavements safer for pedestrians."

An action plan for Hammersmith Bridge includes proposals to enforce a 20mph speed limit, with a new layout to allow cyclists to ride in the centre of the road.

The council is also working with Transport for London to develop plans for a so-called 'cycle hamburger' at the Holland Park roundabout in Shepherd's Bush, enabling cyclists and pedestrians to cross safely.

Several new cycle 'superhighways' are also in the pipeline, as well as five dedicated quiet routes for less confident riders.

Councillors will also seek to expand the network of 'Boris bike' docking stations, while asking developers to contribute cash for the scheme.

According to figures from TfL, there have been more than 3,000 incidents involving cyclists and pedestrians being injured in Hammersmith and Fulham over the last 10 years.

Four cyclists were killed and a further 190 suffered serious injuries in that time.

New plans to improve safety on the roads will focus on training programmes for both lorry drivers and cyclists, with free or subsidised tuition offered to school children as well as adult riders, the council says.

Lynn Seveke, chair of local campaign group HF Cyclists, welcomed the announcement of the scheme but called for councillors to commit to small as well as large-scale projects.

"We are very pleased to see that the council shares our vision on cycling," she said.

"We're keen to continue working with the council, representing the community and making sure they remain committed to achieving real change.

"It is important to bear in mind that high levels of cycling won't be achieved with a few high-profile projects. It will require the council's dedication to major and minor changes across the borough."

Councillor Ian Cassidy, the council's cycling champion, added: "Cycling is booming in the borough, which means we will run circles round our TfL target. But even cyclists say we must do more to make the borough's streets safer and calmer for everyone and I look forward to working with residents to do this."

Factfile

- The number of cycle journeys per day in Hammersmith and Fulham rose by 110 per cent between 2001 and 2010.
- Around five per cent of all journeys in the borough are made by bike, compared to an average of two per cent elsewhere London.
- Four cyclists have been killed on the roads in the last 10 years, with a further 190 suffering serious injuries.
- Council chiefs hope to have one in 10 residents cycling to work by 2031.
- According to TFL, 31 per cent of trips within the borough that are currently made by car could instead be made by bicycle.
- On average, 512,000 journeys are made each day in the borough. Around 15,000 of these are cycle trips.

45% of pupils denied place at 'first choice' secondary schools

BY JACK DIXON
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PUPILS in Shepherd's Bush face a fight for secondary school places that is now tougher than anywhere else in the country, according to official figures.

Little more than half of families in the borough were offered a place at their preferred school this year, as record levels of demand meant families were forced to settle for back-up options.

In some parts of the country, families were all but guaranteed a place for their child at their priority school – but in Hammersmith and Fulham this year, only 55 per cent were offered their first choice.

The borough came bottom of the list for accommodating parents' choices, as almost 26,000 London families missed out on their number one option.

The bottom 10 local authority areas were all London boroughs, confirming the capital's school places problem. Council chiefs said many of the borough's schools were small and that, consequently, places were at a premium.

Sought-after schools like the London Oratory also received hundreds of applications from outside the borough this year, adding to the competition for places.

Councillor Sue Macmillan, Hammersmith and Fulham council's cabinet member for education, said: "Our schools performed brilliantly in their GCSEs in recent years and were among the top performers in London.This means, however, that many of our schools are heavily over-subscribed and cannot accommodate everyone who applies.

"The number of places on offer continues to expand and we have enough places for everyone who needs one, but not everyone is successful if they apply to the most over-subscribed schools."

This year the London Oratory School, in Fulham, was one of four schools across the borough that received its highest number of applications since 2011.

The Fulham Boys' School, the Lady Margaret School and the Burlington Danes Academy also reported unprecedented demand for places this year.

Cllr Macmillan added: "The council is required to provide a school place to all Hammersmith and Fulham resident applicants, where places exist. Parents that were unsuccessful in their preferred choices in March received an alternative local offer.

"Hammersmith and Fulham also has some very popular faith schools that attract a lot of interest across London. We are working closely with them to try to make sure a greater proportion of local pupils are successful in securing places at these schools."

A study by the think-tank and lobbying organisation London Councils last year forecast that Hammersmith and Fulham's primary school population would grow by 20 per cent between 2012/13 and 2017/18.

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Their future is all in the game

■ **BEAUTIFUL GAME: Young footballers practise their skills on Westminster Green during the launch of Football for Unity, a concept born in Kensington that seeks to unite communities and combat radicalisation of young people through enjoyment of football** Pictures: Richard Austin

■ **BUILDING CONFIDENCE: Young ambassadors of Football for Unity.**

Football initiative created here will unite communities all over the world

BY PHILIP EVANS
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POLITICIANS and religious leaders mingled with London's grass roots football community to witness the launch of an initiative which is uniting communities all over the world.

They watched 100 London schoolchildren from diverse cultural backgrounds demonstrating their football skills under the watchful eye of qualified coaches from London and Athletico Madrid.

The youngsters were invited onto the Speaker's Private Green at the Houses of Parliament to take part in the launch of Football for Unity by Speaker John Bercow.

Football for Unity is a creation of four individuals from different organisations and backgrounds, who got together and cemented all their knowledge of global community social cohesion through football.

Anna Prior and Dr Shamender Talwar of The Unity of Faiths Foundation, Mr Chana Gill of Southall FC and Mr Marcus Faraji of Digital Empire-Spain were sitting in a West London office when the idea of Football for Unity was born.

Since then they have been joined by President Forbes of Latin America, Mr Mariano Menéndez, Mr Kiyomi Cerezo of Athletico Madrid FC and Mr Sanjeev Sharma, managing director of Southall FC.

Among those who attended the launch was the Labour leader Jeremy Corbyn who was mobbed as he stepped onto Speaker's Green. Mr Corbyn said: "I think it's a brilliant initiative and it's nice that we've got it here in Parliament on this small area of green out side the Speaker's House and we've got representatives from Athletico Madrid talking to us about football coaching and football opportunities."

Diego Maradona has officially joined the Board of Trustees in the UK and and has taken the role of President of Latin America for Football for Unity. A message from the Argentinian legend was played at the Football for Unity press conference.

Asked if the initiative could transform lives, Mr Corbyn added: "I'm absolutely sure of it because young people from all backgrounds need to be together as well as having their own identity and that's really what modern Britain and modern London is about."

The launch was followed by a press conference in in the Commons, led by Virendra Sharma, MP for Southall, in which the Football for Unity founders presented their mission statement and vision for the future.

Mr Sharma commented: "A lack of education and ignorance creates barriers. Many are burdened with prejudices against black, Asian or white people; against Muslims, Hindus, Jews or Christians; against the poor or the rich; the slow or the clever; the skinny or the obese; the disabled, the homeless, the jobless. Hatred of anyone who is different has no place in our new global community. Knowledge is key to tackling hatred and education is at the heart of Football for Unity".

"Our very special thanks goes to the children who have made history through the launch by coming together in the House of Commons and showing unity. This represents a closer step to a better understanding of tolerance and peace."

■ **CATCHING ON: Labour Party leader Jeremy Corbyn endorses the Football for Unity initiative.**

■ **LET'S TALK FOOTBALL: Shadow Foreign Secretary Hilary Benn finds out more.**

■ **GREEN FOR GO: Westminster united.**

■ **PIONEERS: The Unity of Faiths organisation was set up by Kensington social psychologist Dr Shamender Talwar and former Mayfair antiques dealer Anna Prior.**

Borough unveils scheme to fight elderly isolation

BY JACK DIXON
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A NEW scheme to prevent elderly people becoming "detached from society" is being launched in Hammersmith and Fulham, as part of a drive to tackle the health and social problems caused by isolation.

The project, devised by Age UK, will train older men to build new furniture from discarded chairs and tables.

The 20-week 'upcycling' programme is designed to encourage elderly people to remain economically active, despite their advancing years.

Charity chiefs say the scheme will also help to stave off depression, anxiety and other negative health impacts caused by loneliness.

Age UK's team in Hammersmith and Fulham is fronting the 'Furniture Restoration' project, which is also being supported by the Big Lottery Fund and Hammersmith United Charities.

Peter Thellusson, service coordinator at Age UK's branch in Greyhound Road, said combining social interaction with practical creativity was found to have beneficial effects on older people's mental health and emotional wellbeing.

"Hammersmith and Fulham, like all London boroughs, has a large number of people who have retired, who have seen their children leave, their partners die or their health decline," he said.

"Many of them are living solitary lives without much in the way of human company.

"This is something which Age UK, along with other service providers in the borough, is trying to face and address, as loneliness itself can be a shadow which casts itself over people's lives and causes depression, anxiety and ill health.

"Above all perhaps, we are social beings and a lot of our identity is tied up in how we relate to others and they in turn to us. Without that dimension life can be less fulfilling and meaningful."

Loneliness, Age UK says, has become one of the biggest challenges in caring for the elderly.

According to the charity's estimates, five million older people across the country consider their television to be their main form of companionship, while 600,000 only leave their house once a week, or sometimes not at all.

In Hammersmith and Fulham, there are 7,500 people over the age of 75 – half of them live alone and many do not see anyone for a month at a time.

The 'upcycling' programme involves training and supporting older men to turn second-hand furniture into brand new items, which will then be donated to Age UK charity shops.

Through a series of workshops, charity leaders hope to engage men at risk of isolation and help them remain active and healthy for longer.

The initiative is being run alongside the charity's befriending service and 'spreading the warmth' campaign – a series of events and gatherings arranged to keep older people connected.

Mr Thellusson added: "The implications of isolation are often hard to see or deduce but they are very real to those whose lives are without much human contact. One of our main ambitions is to see people become more part of their communities and increase their social lives in order to continue their personalities and interests.

"As we get older our social group can diminish but we are encouraging people to not entirely accept that.

"We want people to contact us and offer them a constructive and exciting way to create things and get out and about."

For more information, visit *www.ageuk.org.uk/hammersmithandfulham*

■ **CLEAR VIEW: Hammersmith MP Andy Slaughter is backing a new campaign to clean up the nation's streets. The shadow justice minister is calling on fellow MPs to support proposals to outlaw dangerous parking on pavements. A campaign is being led by the Guide Dogs charity, which says visually impaired people are being forced into the road to avoid badly parked cars. There are around two million people across the UK living who are blind or partially sighted, but the figure is expected to double by 2050. James White, senior campaigns manager at Guide Dogs, said: "Parking on pavements is blighting Britain's streets. It puts all pedestrians in danger, particularly those living with sight loss. It is terrifying for someone who cannot see oncoming traffic to take the risk of stepping out into a road because someone has decided to park on the pavement. We hope this year will see this dangerous exercise outlawed once and for all."**

Mental health awareness improves

A MENTAL health campaign offering support to thousands of Shepherd's Bush residents is to host an awareness event next month.

Hammersmith and Fulham Mind aims to inform people about a range of projects designed to improve mental health and wellbeing.

The organisation says more than 45,000 people living in the borough will have experienced a mental health problem this year but only a small number will have sought professional help or support.

Company secretary Jayne Davey said: "The event will enable residents to see for themselves the many preventative projects we currently run that can benefit everyone's wellbeing.

"It will also feature the incredible work and support given by volunteers, which help us to deliver the best mental health support services to the people of Hammersmith and Fulham."

The event takes place on Thursday November 26 at the Rivercourt Methodist Church, King Street between 4pm and 6pm.

Man dies after rescue from flat fire

A MAN has died in hospital hours after being rescued from a burning building in Shepherd's Bush.

Firefighters pulled the man from a second-floor flat in Coningham Road last Monday (October 12) but medical teams were unable to save him.

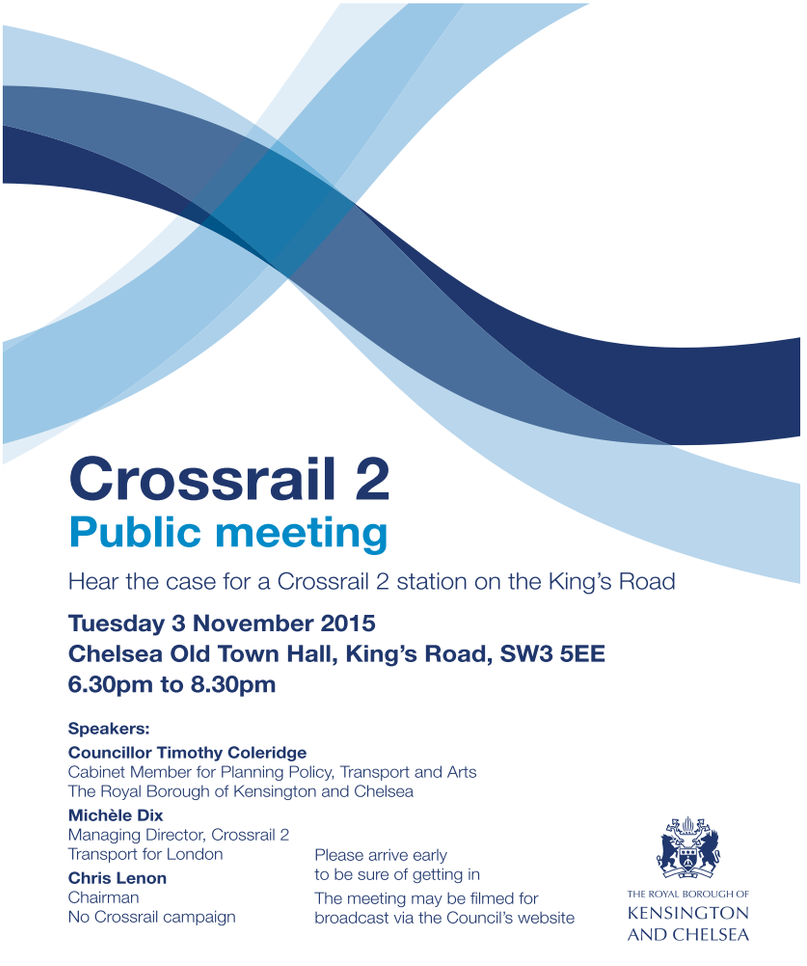
Officers from Hammersmith fire station were called to the scene at around 4.30pm, where a house that had been converted into flats was ablaze.

Teams were able to bring the fire under control within a matter of minutes and pulled the man, who has not yet been named, from one of the flats on the second floor.

He was treated by paramedics at the scene before being rushed to hospital for further treatment but it was later confirmed that he died in hospital the following day (Tuesday, October 13).

A spokesman for the London Fire Brigade said: "The man was rescued by firefighters wearing breathing apparatus from a flat on the second floor and was treated at the scene before being taken to hospital by the London Ambulance Service. The brigade was called at 4.19pm and the fire was under control by 4.47pm. Part of the second floor flat was damaged by fire."

The cause of the fire has not yet been established.



LWN

Star stylists honoured at glittering awards 'hair do'

BY LWN REPORTER
editorial@londonweeklynews.co.uk

LONDON'S finest hair and beauty professionals gathered at the London Marriott Hotel in Grosvenor Square earlier this month for a star-studded evening in recognition of the best in the industry.

The inaugural London Hair & Beauty Awards attracted thousands of nominations from the public and the glamorous presentation evening attracted hundreds of guests from across London who joined in a black tie dinner celebration of their industry on October 11. Accolades presented on the night included Hair Salon of the Year, Beauty Salon of the Year, Make-up Specialist of the Year and many more.

Speaking shortly after the event, Irfan Younis of event organisers Creative Oceanic, said: "We have been blown away by the response from the public and our finalists, considering it is the first year of the awards. Well done to all the winners and finalists and we thank everyone who participated in making this another successful Creative Oceanic event."

The awards also allows the opportunity to fundraise for a worthwhile cause and this year helped raise over £900 for the official charity partner, Make A Wish Foundation UK who grant magical wishes to children and young people fighting life-threatening conditions.

The winners are:

Cosmetic Clinic of the Year HC MedSpa (Barnet).
Masseuse of the Year Daisy Compton (Daisy Vitality, Camden).
Best Marketing Campaign Richard Ward Hair (Chelsea).
Tanning Salon of the Year Mayfair Tanning Company (Westminster).
Professional Product of the Year Lash Perfect (London).
Salon Design of the Year Jones & Payne (Westminster).
Nail Technician of the Year Sheena Allykhan (Decadent Digits, Islington).
Nail Bar of the Year SPA Bar (Hillingdon).
Make Up Specialist of the Year Sian Dellar (Cobella, Kensington).
Beautician of the Year Hati Ibrahim (Winchmores Hair and Beauty, Enfield).
Bridal Hair/Make Up Specialist of the Year Kaz Fernando (Sutton).
Male Grooming Specialist of the Year Man Made (Westminster).
Hair Extension Specialist of the Year Inanch London (Westminster).
Junior Stylist of the Year Lola Shorter (Zoology, Redbridge).
Colour Technician of the Year Despina Sianou (Neville Hair and Beauty, Westminster).
Afro Hair Salon of the Year 3 Thirty (Hackney).
Stylist of the Year Martyn Maxey (Martyn Maxey, Westminster).
Men's Stylist of the Year Zena Appleton (Zoology, Redbridge).

■ *The following three categories were split into five regions, with regional winners and one overall winner*

■ **TANNING SALON OF THE YEAR: Winners are Mayfair Tanning Company. Pictured above left are Andrew and Maggie Wells. Above right: Cosmic Clinic of the Year winners, HC MedSpa. Pictured: Saad and Rabbia Aslam.**

Team/Service of the Year North winner Kay and Kompany (Haringey)
Team/Service of the Year East winner Tokito Hair (Hackney).
Team/Service of the Year South winner Atelier M (Wandsworth).
Team/Service of the Year West winner Jo Blu Salon (Hounslow).
Team/Service of the Year Central winner Gusto Soho Hairdressing (Westminster).
Team/Service of the Year Overall winner Jo Blu Salon (Hounslow).
Spa of the Year North winner The Beauty Lodge (Haringey).
Spa of the Year East winner Smooth You (Hackney).
Spa of the Year South winner Gina Conway (Merton).
Spa of the Year West winner Cove Spa (Hounslow).
Spa of the Year Central winner Bliss Spa London (Kensington & Chelsea).
Spa of the Year Overall winner Smooth You (Hackney).
Best Barber 2015 North winner MK Hair Studio (Haringey).
Best Barber 2015 East winner Chaplins (Lewisham).
Best Barber 2015 South winner Hadi's Male Grooming (Croydon).
Best Barber 2015 West winner Drakes of London (Fulham).
Best Barber 2015 Central winner Haks Oscar (Chelsea).
Best Barber 2015 Overall winner Haks Oscar (Chelsea).
Beauty Salon of the Year North winner Beauty Works (Haringey).
Beauty Salon of the Year East winner Indulgence Beauty Salon (Bexley).
Beauty Salon of the Year South winner The Beauty Lounge Elmfield (Croydon).
Beauty Salon of the Year West winner Lashious (Ealing).
Beauty Salon of the Year Central winner Askinology Facial Bar (City of London).
Beauty Salon of the Year Overall winner Askinology Facial Bar (City of London).
Hair Salon of the Year North winner Kay and Kompany (Haringey).
Hair Salon of the Year East winner TAG Hair (Bexley).
Hair Salon of the Year South winner Metropolis Hairdressing (Kingston Upon Thames).
Hair Salon of the Year West winner MSN Hair (Ealing).
Hair Salon of the Year Central winner Stuart Phillips (Westminster).
Hair Salon of the Year Overall winner Stuart Phillips (Westminster).

■ **BEAUTY SALON OF THE YEAR – WEST: Lashious. Madhuri and Rakesh Dasani.**

■ **TEAM/SERVICE OF THE YEAR: West London winner and overall winner in this category were Jo Blu Salon of Hounslow. Pictured above is Jo Kent.**

Rethink on office housing proposals

THE Mayor of London has welcomed the Government's decision to reconsider planning proposals that would have potentially seen valuable office space in the capital turned into homes.

Boris Johnson has been actively lobbying the Government to amend proposals he claimed would have put the capital's key business districts at risk by allowing office space to be converted into homes without developers applying for planning permission for the change of use.

Minister for Housing and Planning, Brandon Lewis, last week said that he would amend the original proposals to ensure London was able to maintain a stock of quality office space in existing key areas, and allow the city to continue to attract jobs and growth.

Last year the Mayor successfully negotiated for defined areas of central London to be exempt from a Government policy that allowed office space to be converted into homes without developers applying for change of use planning permission.

These areas covered the Central Activities Zone which incorporates the City of London, the South Bank, parts of Kensington and Chelsea, the West End, the commercial area north of the Isle of Dogs and London's Enterprise Zones in the Royal Docks, plus the part of the City Fringe in east London which makes up the emerging Tech City opportunity area.

The Mayor's Office argued that new proposals announced by the Government would have removed these exemptions, potentially threatening London's internationally important business locations. Now the Government has announced that it will allow local authorities to bring forward special planning regulations known as Article 4 directions if they wish to continue determining planning applications for the change of use. This will ensure that London's commercial heartlands will be protected from planning changes.

Mr Johnson said: "I am delighted that Government has put policies in place that will lead to the protection of our thriving business districts. Removing the planning exemption in those areas would have put the future economic growth of this city at risk."

Payout for family after woman dies

THE family of a young woman who died after two trainee paramedics refused to take her to hospital has accepted compensation from London Ambulance Service.

A coroner said there was a "gross failure" to make "basic medical checks" and that neglect contributed to her death. Her family's solicitors said the ambulance service had apologised.

Student Sarah Mulenga, 21, who had sickle cell anaemia, became ill at her home in Barking on January 9, 2011. She called an ambulance and two further calls were made before two trainee paramedics who had failed recent exams arrived and then failed to check her. They claimed she had been deliberately unco-operative. Her condition worsened and another crew was sent. Ms Mulenga was transferred to Newham University Hospital but died after a cardiac arrest.

LONDON WIDE

House price boom 'is costing thousands of jobs'

ROCKETING London house prices are stifling the creation of thousands of jobs as people plough money into buying and renting instead of spending their cash elsewhere, new research has claimed.

According to the Office for National Statistics, the capital's housing market recovered swiftly from the credit crunch triggered by the financial crash of 2008 and in recent years rents and house prices have rocketed.

House prices, the ONS says, are more than 46 per cent above their pre-crisis peak, at an average of £525,000 , while rents in the private sector have risen by a third over the past decade.

A report by business group London First and consultancy CEBR found that workers in many sectors were now priced out of the capital, while companies were being forced to pay more to attract staff and help them meet living expenses. The report said there was a knock-on effect on consumer spending, with money being spent on expensive mortgages and rents rather than other goods. It said as much as £2.7billion could have been spent elsewhere in 2015 if housing costs had kept in line with inflation over the past decade. This additional spending could have supported almost 11,000 more jobs, and meant a boost to the economy of more than £1billion this year.

Workers in shops, cafés and restaurants, and those performing administrative office roles would have to pay their entire pre-tax salary to rent an average private home in London, the report found, while social workers, librarians, and teachers faced rents equivalent to more than half their salaries.

It said only the best-paid workers, including company directors and those working in financial services, earned enough to rent in central London "affordably"; that is paying less than one-third of their salaries on housing.

"The housing crisis is making it difficult to attract and retain staff in retail, care and sales occupations," it said. "Even if they spend a limited amount on other goods and services, they are effectively priced out of living independently in the capital. They need to co-habit with partners, friends or family, or be eligible for social housing in the capital."

To compensate for high housing costs, employees expected higher salaries, which meant firms were paying an average of £1,720 a year more to workers than they would have had accommodation costs risen only in line with inflation since 2005. This meant an extra wage bill for firms of £5bn this year, and the figure was set to grow to £6.1bn by 2020.

A new campaign, called Fifty Thousand Homes, has been launched to ask London Mayor Boris Johnson to reach an annual housebuilding target of 50,000 by the end of the decade.

DREAM OF OWNING YOUR OWN HOME? RIGHT TO BUY COULD OPEN THE DOOR FOR YOU

Right to Buy is the scheme that helps eligible council and housing association tenants to buy their home at a discount on the market value.
Since discounts were increased in 2012, over 35,000 people in England have become homeowners through the Right to Buy scheme.
Could this be the right time for you – or somebody you know – to join them?
You can get a maximum of 70% off the price of your home – up to a cash value of £77,900, or £103,900 in London. Each year this discount increases by the rate of inflation.
Recent changes in eligibility mean you now only need to be a secure council tenant for three years instead of five before you can apply to buy your home. So now could be the ideal time to take that next step.
Buying your home is a life-changing decision and a commitment you shouldn't make without seeking expert impartial advice. First you need to find out whether you're eligible and if you can afford it.

Who qualifies for the Right to Buy?

If you're a tenant and can answer 'yes' to the following questions, then you are likely to be eligible to buy your current home through Right to Buy:

- Are you currently a council tenant, or were you living in your home when the council transferred it to another landlord (usually a housing association)?
- Have you been a council or housing association tenant for 3 years or more?
- Can you confirm that you do not live in sheltered housing or other housing designed for elderly or disabled people?

Tenants also need to be free from legal problems with debt or outstanding possession orders, and your home mustn't be due to be demolished.
The government has plans to extend Right to Buy. If you're a housing association tenant and currently not eligible for Right to Buy you can sign up to receive updates on the scheme by visiting our Right to Buy website.
You can also look at other government schemes that might help you on www.ownyourhome.gov.uk.

What to do next

If you want to find out more about buying your home and whether you're eligible for a discount through Right to Buy, have a look at our website. There is a simple quiz to check if you might be eligible, an easy-to-use calculator to help you work out if you can afford to buy and lots of practical tips about the buying process.
If you decide to go ahead you will need to fill in the application form and take the process forward with your landlord.

Support from start to finish

There is plenty of guidance available to help you decide if it's the right choice for you. You're not on your own.

With the Government's official Right to Buy adviser service, you can get free and impartial advice as well as the help and support you need throughout the process of buying your home from filling in the application form to completing your purchase – if you decide it's the right choice for you. The advisers can provide information on finding a mortgage, appointing a solicitor and arranging a survey.
If you are midway through buying and have a problem, get in touch with the adviser service and they can help you.
The advisers are available from Monday to Friday, 8am until 6pm. You can phone, email or chat online.

For more information:
Website: www.communities.gov.uk/therighttobuy
Phone: 0300 123 0913
Email: enquiry@righttobuyagent.org.uk

**NB The quotation and person named in the press advert are from a real case study (used with permission) but the photograph is a stock image.*

Have you always dreamt of owning your own home?

Then Right to Buy could open the door to make your dream a reality. If you've been a council tenant for at least 3 years, you could get a discount of up to £77,900 (or £103,900 if you live in London) towards buying your home.

Find out if you are eligible for a discount:

www.communities.gov.uk/therighttobuy

0300 123 0913

Your Right to Buy | HM Government

FOR COUNCIL AND HOUSING ASSOCIATION TENANTS

Post office axed despite protests

BY GEOFF BAKER
geoff@londonweeklynews.co.uk

THE post office in Earls Court Road is definitely to close – despite protests from residents, the borough council and Kensington's MP – as Post Office bosses say this "will meet the needs of customers in the area".

The Post Office is to "merge" its branch at 185 Earls Court Road into the one in Kensington High Street.

Post Office chiefs believe the controversial move, which will happen early next year, will suit most of the customers who will now have to travel further to buy a stamp.

Bosses say that shutting the Earls Court Road branch "is part of our ongoing plans to create a post office network that is modern, sustainable and profitable".

The closure follows a 12-week public consultation during which local residents, councillors, including the Leader of Kensington and Chelsea Borough Council, Nick Paget-Brown, and MP Victoria Borwick pushed for the branch to stay open.

The Post Office says that after considering the feedback, closure is "the best way".

Roger Gale, Crown Network General Manager, said: "We are committed to maintaining commercially-viable post office services in the area now and in the future. We believe the best way for us to do this is to merge the Earls Court Crown and Kensington Crown post offices."

He added: "We understand how important post office services are to people in this area of London and we are confident that our network will meet the needs of customers in the area and help us to secure services for the future."

A spokesman added: "Whilst we believe that the majority of customers will choose to access post office services at Kensington Crown office, there are many post offices in the Earls Court area."

He said: "The Kensington Crown Post Office will have increased staffing levels which will ensure that staffing hours are closely aligned to changes in customer demand.

"The branch has already been modernised and improvements include new-style self-service kiosks.

"There will be a low-level writing desk and space for wheelchair users and this branch also has an external ATM."

Following the merger, the Kensington post office will continue to operate the same opening hours of 09:00-17:30 on Monday, Wednesday, Thursday and Friday; 09:30-17:30 on Tuesday and 09:00-12:30 on Saturdays.

FINAL POST: Earls Court Road post office is to be closed.

Bar loses licence after serious incident

A BAR on Earls Court Road has had its licence suspended with immediate effect by the Royal Borough of Kensington and Chelsea, following a serious incident at the premises earlier this month.

The council's licensing sub-committee considered an application on Wednesday, October 7, from the police to review the premises licence for The Game, at 180-182 Earls Court Road. The appeal followed a serious incident on Saturday, October 3, following a music night that resulted in injuries to two doormen, damage to the premises and two men being arrested.

Pub re-opens with emphasis on live music

THE Finborough Arms Pub in Earl's Court is being relaunched on Friday, October 23, to celebrate its new ownership – and recent rescue from redevelopment – together with a launch of its new underground music venue The Cellar.

The Finborough Arms is an independently owned family business. Free from any brewery or pub company ties, it serves unusual and specialist beers and brews from the UK and around the world. The bar hosts 16 beer taps and over 50 bottled beers from a changing selection.

Two promotional teams are joining The Cellar. The first, RE:HAB, is a collective of music professionals and enthusiasts who "believe in music as a therapy from life". They will be running a weekly open mic every Wednesday evening. The second is *It's All Happening*, a magazine and promotion team set up due to a shared love of exploring new music and discovering new bands. The magazine hopes to support up and coming musicians, promote live shows, write about music, and release it on their own record label. On Saturday, October 24, RE:HAB, along with *It's All Happening*, will be providing entertainment, bringing their favourite fresh acts to the new space.

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Child exploitation crackdown backed

A TOP hotel chain has become the first business in Westminster to pledge its support for a police campaign raising awareness of child sexual exploitation in hotels, taxis and other businesses.

Operation Makesafe is a joint initiative between the Metropolitan Police and Westminster City Council that aims to train staff to spot the signs of child sexual exploitation. Staff at Radisson Blu Hotels and Resorts have undergone the training, with others expected to take part in the coming weeks. Radisson Blu, in Portman Square, took part in the first training session as part of the launch of the campaign across the borough.

Two million children under 16 across the UK are affected by sexual violence or abuse, with police receiving over 1,000 CSE referrals of children that were identified as being at risk.

Councillor Danny Chalkley, Cabinet Member for Children and Young People, said: "Keeping children safe is our top priority and no child should ever be the victim of such horrific abuse. We are committed to working with the police to put a stop to this abhorrent crime. Westminster has one of the highest densities of hotels in London, employing thousands of staff members, which is why bringing this training to central London is so important. We are delighted that the Radisson Blu Portman Hotel London is the first to join our campaign and hope the training will allow staff to protect children by recognising the signs and knowing how to report anything suspicious."

Peter Ayling, Westminster Borough Commander, said: "A common feature of CSE is that the child or young person does not recognise the coercive nature of the relationship and do not see themselves as a victim of sexual exploitation. As a result, they are unlikely to report the abuse, meaning the issue remains seriously under reported.

"It is therefore essential that not only police and partners, but also the wider community, are alert to the warning signs. CSE is a hidden crime and this initiative will help us raise awareness within a vital group – those who witness all manner of scenarios on a daily basis. We all have a responsibility to keep our children safe from harm and getting the local business sector on board will assist in the prevention, detection and safeguarding of those at risk."

Night Tube off the rails

THE Night Tube will not be introduced this year after talks broke up without agreement, unions have said.

The all-night service on the London Underground was due to begin last month but was delayed over a dispute about staff pay and conditions.

Finn Brennan, from train drivers' union Aslef, told the BBC discussions had broken up because LU management had "mishandled these negotiations".

Transport for London (TfL) blamed unions for delaying the service. It said "a fair and sustainable pay offer and cast-iron guarantees on work-life balance" had been offered but unions had not put this to their members and came up with last-minute demands.

Duo to run for Poppy Appeal

BIG-HEARTED Ahmed Eid, Andrew Marshall and Garry Marshall of Eastcote Royal British Legion Branch and Club will be running in the 10-Mile Great South Run, Southsea, on Sunday, October 25, to raise money for The Poppy Appeal. They are aiming to raise a total of £600.

To support them, contact Jeff Duley, branch chairman and Poppy Appeal organiser, Eastcote RBL, 07808739434 .

UNDER THE WESTWAY

Celebrating and remembering our social history

Angela McConville, Chief Executive of Westway Trust, reflects on the importance of preserving and documenting the social history of the area

WE live in a highly transient and changing city. A place where nothing stands still and people who live, work and play here changes daily.

West London and the Westway community is no different from the rest of the city in this regard. We are used to experiencing frequent changes in population, custom and culture. We move with the ebb and flow of change and in the main we celebrate it. Change, after all, is what makes London and North Kensington such an exciting and vibrant place to be.

But, as I have been hearing over the last few months in talking to people about our plans for Portobello Village, change can also be unsettling. If not handled sensitively it can lead to a loss of identity, cultural heritage and discontent. Many families have lived locally for generations and are passionate about the area.

Preserving heritage and making a point of noting and celebrating the significant past and the contributions of actors of our past is incredibly important in accepting change and determining our future. Taking time to understand and reflect on our collective history therefore, is not to be understated.

It is for this reason I want to highlight a new project that I hope people will take an active interest in. One of our Member Organisations, Corner Nine Arts Project, a charity providing high quality art projects in North West Kensington, has been awarded grants from Westway Trust, the Heritage Lottery Fund (HLF), and RBKC City Living Local Life (Notting Dale & St Helen's wards) to create a digital and interactive archive documenting the history of Maxilla Children's Centre (née Nursery Centre) from its inception in the 1970s through to the closing of its doors in July 2015.

■ DRAWING ON MEMORIES: stories about Maxilla are wanted

For four decades the Maxilla Children's Centre has had its roots firmly in the local community, and has a wealth of stories to tell about its extraordinary work and the families who have passed through its doors. The project will draw on the memories of parents, children, trustees, staff and the wider community.

The archive's project manager Lisa Nash expressed her delight to our team recently in receiving funding saying "Maxilla Children's Centre has been a lifeline to many local families over the past 40 years. Born from collective community action prevalent in North Kensington in the 60s and 70s,

"Maxilla represents an important part of our local social history. As a local resident and former Maxilla parent I want to make sure all it has stood for over the years is remembered."

Lisa is looking for a number of volunteers to help out on the project. They will assist with a programme of planned activities including oral history interviewing (training will be given) and co-curating the exhibition.

Lisa also wants to hear from former parents, children, trustees and staff who have photos/videos to donate. If you want to get involved contact Westway Trust via info@westway.org.uk and we can pass on your details.

Westway Trust is supporting the project because of the synonymous relationship we have had with the nursery since its birth and our desire to celebrate a significant part of our social history. Our vision has always been to support the nursery in anyway we can.

While we respected the decision of the Royal Borough of Kensington and Chelsea to relocate Maxilla Nursery, it was a sad day when the children and families moved on from the Westway estate. We are hopeful we can retain children's education and enrichment activities on the estate in partnership with the Golborne and Maxilla Federation Children's Centre and aim to make public our plans on this shortly.

A place is never just bricks and mortar, it is where people live, enjoy themselves and ultimately make history.

As custodian of the Westway estate, and while I am the helm, we are committed to not losing sight of that fact.

Saddle up for a bike ride to the movies

RESIDENTS of Kensington and Chelsea who relish cycling might like to enjoy their passion on celluloid during the dark winter nights ahead and enjoy a series of free cycle-themed films which will be shown in the Lecture Theatre at Kensington Central Library.

Bikeminded, which is supported by the Royal Borough of Kensington and Chelsea, will screen the films from now until April of next year.

The first feature, which is to be shown on Tuesday, October 27, is *The Kid with the Bike* (*Le gamin au vélo*), which will be screened in French with English subtitles.

The 90-minute feature film, directed by the Dardenne brothers, is about the story of a 12-year-old boy searching for his father and his lost bike.

Doors open at 7pm and the film starts at 7.30pm. To book your free ticket for this feature and for information on other films, contact *Bikeminded*, email *marina.kroyer@rbkc.gov.uk*

Poppy appeal call for help

VOLUNTEERS are needed to help the Royal British Legion Poppy Appeal in Kensington and Chelsea.

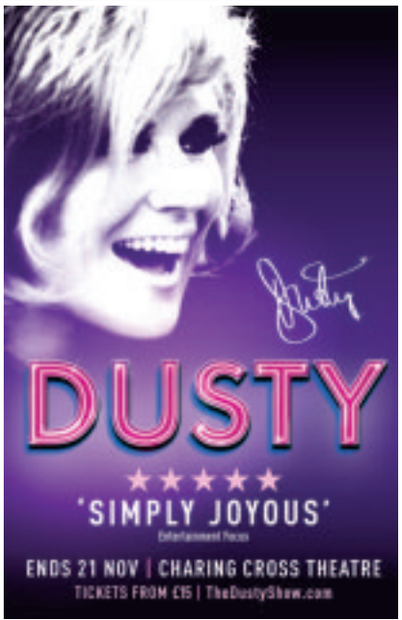
The money collected by the sale of poppies provides help and support to service personnel.

This year marks significant historical anniversaries of the First and Second World Wars: 100 years since the Battles of Ypres and Loos and 70 years since the end of the Second World War in Europe and Japan. However, the annual Poppy Appeal continues to meet the current needs of injured servicemen and women and the families of those who have died in more recent conflicts.

Volunteers are being asked to help for as little as two hours on a variety of tasks, including collecting and also behind the scenes helping to organise the appeal and counting money.

The Mayor of the Royal Borough, councillor Robert Freeman, said: "It is vital to keep the Poppy Appeal growing."

For more information contact Nicola Heywood at *nahgc@me.com* or on 07949 441662 or Tim Connolly *tpaulconnolly1@gmail.com* or on 07766 752062.



Luxuriate at The Arch for afternoon tea

...now win the chance to try it

ONE of London's most elegant boutique hotels, The Arch has launched a thoroughly modern afternoon tea – and *London Weekly News* readers can win the chance to try it for themselves.

The five-star hotel, set in Great Cumberland Place, has introduced the brand new menu inspired by the capital's existing street food trend. Giving guests a taste of food from around the world, the Street Food afternoon tea can be taken in the exquisite Le Salon de Champagne, which is where I was invited to sample it, *writes Nicky Sweetland.*

Adjacent to The Hunter 486 Bar, Le Salon de Champagne is an opulent oasis which couples intimate booths with floor-to-ceiling banquette seating, and an elegant champagne graffiti ceiling.

Priced at £29, (or £38 if you choose to have champagne) the tea itself is an indulgent blend of the best of both savoury and sweet treats.

I chose a delicious Margaux to drink with my cuisine and although both platters were served simultaneously it seemed fitting to begin with the savoury dishes which included mini beef burgers with onion marmalade in brioche buns (not too rich yet still hearty); smoked chicken, chilli, avocado and mango tortillas (snappy, fresh and spicy), mini handmade scotch eggs with piccalilli (simply divine); and chicken satay served with a peanut dipping sauce and sesame seeds (well seasoned and succulent).

I then decided to take some real English Earl Grey tea to marry with the sweet treats which included homemade macaroons (fruity and not too sweet); mini coffee eclairs (rich and decadent); a lemon and mango rice pudding with toasted coconut (wonderfully light with a fantastic mix of flavours) strawberry and pistachio tarts (gorgeous)and mini raspberry Victoria sponges (traditional afternoon tea fare in a bite size guiltless portion). I also very much enjoyed a warm cinnamon and sugar doughnut filled with apple jam in the place of scones.

With fantastically attentive service and a relaxing and elegant ambience, this is the perfect place to enjoy an intimate afternoon with friends.

There are other exotic cocktails to choose with flavours from around the world, including 'Indian Clouds', a martini made with jasmine tea infused Bombay sapphire, butterscotch schnapps, pink grapefruit and lime, and a delicious virgin fresh mango mojito. Also you may prefer to take your tea in the luxurious Martini Library, which is festooned with armchairs, period stone fireplaces, and intriguing collection of Taschen and Daunt books celebrating the magical golden age of Broadway.

One of London's top hotels, the family-run foody paradise is perfectly situated in the heart of the capital near to Marble Arch, Hyde Park and the popular shopping destination of Oxford Street.

General Manager Michael Voigt said: "So many London hotels offer the same standard afternoon tea with scones, sandwiches and cakes. We wanted to create an afternoon tea that is exciting and different, yet still gives people a quintessential taste of the best of modern London."

For more information have a look at the website *thearchlondon.com*

If you would like the chance to win Street Food afternoon tea for four at The Arch, simply send an email to *competitions@londonweeklynews.co.uk* with STREET FOOD COMP as the subject title along with your name, address and telephone number. Closing date for entries is October 29. Terms and conditions apply.

Only one entry per person. The prize consists of Street Food afternoon tea for four at The Arch hotel, London W1H 7FD. There is no cash alternative to the prize stated, and the prizes are non-transferable.

The prize consists only of the elements expressly detailed above; no other elements or expenses such as travel, car parking, beverages or spending money are included. All such expenses are the sole responsibility of the winner plus guests.

The prize is subject to availability and booking in advance is mandatory. Any extra costs must be settled before departure.

The promoter is Luxe Public Relations LTD. The promoter's decision is final and binding. No correspondence will be entered into.

WELCOME: The Arch.

SITTING COMFORTABLY: The Arch's luxurious Martini Library, above, and The Hunter 486 Bar, below.

AFTERNOON DELIGHT: The Arch offers a new twist on afternoon tea.

60,000 armed to stop raiders

SOME 60,000 homes in the capital have signed up to a pioneering new anti-burglary kit launched by the Mayor in March to help reduce burglary rates in London, which are reported to have already come down by up to 42 per cent in some parts of the capital compared to 2012.

The Met Trace kit contains an invisible traceable liquid that allows people to mark their possessions with a unique forensic code, and warning stickers to deter burglars. The code is used by the police to trace the items should they ever be stolen, and to link suspects to crime scenes.

Launched by the Mayor, Boris Johnson, earlier this year as part of a wider strategy to reduce burglary by 20 per cent by 2016, the Met Trace programme will provide 440,000 homes in burglary hotspots across London with a free kit over three years. The aim is to drive down the overall number of burglaries across the capital, which have dropped 26 per cent compared to 2012, and reduced by over a 10 per cent in the last year. It is predicted the rollout could prevent over 7,000 homes being burgled over three years, saving the Metropolitan Police almost £5 million.

Mr Johnson said: "Burglary is a sickening offence and, whilst crime is down in London, we are not complacent and continue to find new ways to tackle it. This innovative kit offers residents protection and peace of mind, and will continue to drive down burglary as we deliver it to more and more Londoners."

Created by SmartWater technology, the liquid, which is virtually impossible to remove and can only be viewed under UV light, is already significantly driving down burglary rates since its launch earlier this year.

Alarm call for landlords

PRIVATE sector landlords should have installed smoke and carbon monoxide alarms from the start of this month.

The Smoke and Carbon Monoxide Alarm (England) Regulations 2015 require most private sector landlords to: install a smoke alarm on every floor of their property; install a carbon monoxide alarm in rooms of their properties which use or burn solid fuels; and check that alarms are working at the start of every new tenancy.

Tenants are responsible for testing and ensuring alarms are working during the course of any tenancy, and if found to be faulty or not working for any reason to liaise with their landlord to ensure this is addressed.

These regulations relate to most privately rented property, with some minor exemptions that are in some cases covered by other legislation. They apply to all residential premises where a person or persons have a right to occupy the premises and rent is payable. Landlords and managing agents should apply online at the website *www.londonfire.gov.uk/freesmokealarms*

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For more information call Angela or Andy on
020 7499 8043
Or email us at info@richardjohnclarke.com

We are holding several FREE Extend Your Lease Presentations

The next presentations will be held on:

Date: Wednesday 21st October 2015
Time: 6:15pm – 8:15pm
Venue: Churchill Hall,
off Lupus Street, Pimlico,
London SW1V 3AL

Date: Tuesday 3rd November 2015
Time: 6:15pm – 8:15pm
Venue: St Pauls Room,
Holy Apostle Church, Winchester Street
London SW1V 4NE

Specialist leasehold reform solicitors, Thirsk Winton LLP, will be in attendance to answer any legal questions you may have

Light refreshments will be served

Places are limited so to reserve your seat, please contact us:
Tel: 020 7499 8043 or Email: info@richardjohnclarke.com

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London WEEKLY News

ISSUE 47 PICK UP A FREE COPY Thursday, October 22nd 2015

Kate joins Royal Family campaign to banish stigma of mental health

Scandal of children who suffer alone

LISTENING: The Duchess of Cambridge at an event hosted by Mind at Harrow College.

BY GEOFF BAKER
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THE Royal Family has launched an all-fronts move to lead greater public awareness and understanding of "a big issue of our time" – in a bid to end the stigmatising of mental ill health that a third of us don't want to talk about.

The royals are leading a push towards a new enlightenment with the Duke of Edinburgh and the Earl and Countess of Wessex teaming up with the Duke and Duchess of Cambridge to join the cause long fought for by the Prince of Wales, Princess Alexandra and the late Queen Mother. The extent of mental illness – especially the growth of its spread among the young – has become a new cause for great concern among health and Government authorities, with research revealing the alarming statistic that one in 10 children up to the age of 15 has a mental health disorder.

Many children suffer in silence, self-harming and withdrawing in secret misery as society has long given the impression that poor mental health is something to be ashamed of.

But now many of the Royal Family have got behind a variety of campaigns designed to teach children and

TURN TO PAGE 14

APPEAL: Kate has joined members of the Royal Family to champion the view that no stigma should be attached to mental health issues – and particularly when affecting the young.

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ROYAL LONDON

Urgent appeal to end stigma of mental ill-health

FROM PAGE 13

adults that there is no shame in being mentally ill and that no stigma should be attached to it.

The Duke of Edinburgh's Award Scheme – which is mostly led by Prince Philip, Prince Edward and the Countess of Wessex – is launching a new programme of mental health first aid, training the tens of thousands who join the award scheme each year to spot warning signs of mental illness and to know what to do when a friend is showing signs of depression.

Meanwhile, the Duke and Duchess of Cambridge have also thrown the huge weight of royal publicity behind other schemes which are aimed at also raising public awareness of the problems and extent of mental health issues.

Last week the Duke and Duchess made a joint appearance at Harrow College in aid of promoting Mind on Mental Health Day, meeting young volunteers working for Time To Change, the charity that fights against stigmas over mental health.

The publicity generated by the royals' visit will go a long way to helping to change attitudes towards mental illness says Mind's chief Paul Farmer.

"World Mental Health Day is always an important day but this will go down as one of the best as we welcomed the Duke and Duchess to one of our programmes designed to help young people understand their own mental health and to give them the skills to cope with challenges," said Mr Farmer.

"I was struck by their understanding and interest in hearing from the young people, who had been in a dark place but now feel able to help others.

"Ninety per cent of young people with mental health problems will experience stigma and discrimination, which stops them seeking help, living normal lives and, sometimes, makes them give up on their hopes and dreams. That's why Time to Change is so important.

"By putting a spotlight on mental health, the Duke and Duchess of Cambridge are helping us to send an important and urgent message to the world that it is time to change our attitudes about mental health problems."

At the same time, the authorities have praised the move by the Duke of Edinburgh's Award Scheme to team up with the campaign on mental health awareness.

"Young people's mental health is a big issue of our time," said Sam Gyimah, the Minster for Education with responsibility for mental health.

"Too many young people with mental health problems suffer in silence. To give them the help they need, we need to listen to them and create innovative solutions that work. That's why we have created this partnership of the Department for Education with the Duke of Edinburgh's Award Scheme."

The new moves follow a long-established commitment by the Royal Family to helping those who suffer with mental illness.

■ ROYAL CONCERN: Kate and William join the debate.

The late Queen Mother was the patron of Mencap, a role taken on by the Countess of Wessex in 2004. Princess Alexandra, a former nurse, is patron of several mental health charities - Mind, the Mental Health Foundation, the Tavistock Clinic, the Cassel Hospital Trust and the Richmond Fellowship. The Princess Royal is patron of the Carers' Trust, which supports those looking after people suffering mental ill-health, and through his support for The Samaritans and his own Prince's Trust, Prince Charles is also doing much to tackle mental health problems which are now facing all parts of society.

The Prince's Trust says its research reveals that long-term unemployed young people are more than twice as likely as their peers to have been prescribed anti-depressants, one in three have contemplated suicide, while one in four have self-harmed.

The findings are based on interviews with 16-to-25-year-olds and show that 40 per cent of jobless young people have faced these symptoms of mental illness – including suicidal thoughts, feelings of self-loathing and panic attacks – as a direct result of unemployment.

"Long-term unemployed young people are also more than twice as likely as their peers to believe they have nothing to live for," says the Prince's Trust.

"We are calling for urgent support from Government, health agencies and employers to fund our vital work with long-term unemployed young people battling mental health issues. With more support the youth charity can help more young people build their self-esteem and move into work."

According to other research conducted by Princess Alexandra's charity, the Mental Health Foundation, the prevalence of metal health issues among much younger children is also a great concern.

"One in ten children between the ages of one and 15 has a mental health disorder. Estimates vary, but research suggests that 20 per cent of children have a mental health problem in any given year, and about 10 per cent at any one time," says the Foundation.

"Rates of mental health problems among children increase as they reach adolescence. Disorders affect 10.4 per cent of boys aged 5-10, rising to 12.8 per cent of boys aged 11-15, and 5.9 per cent of girls aged 5-10, rising to 9.65 per cent of girls aged 11-15."

The explosion of mental health issues among the young is alarming, which is why the Duchess of Cambridge is also working to flag up the problem through her promotion of two other charities that deal with mental, emotional and behavioural difficulties, The Art Room and Place2Be.

At their important public stand in Harrow last week, both the Duke and Duchess pushed home the message that a broken mind is no more shaming than a broken leg and mental health should no longer be as ignored as it has been.

Prince William said: "If we can get more young people talking, and coming through with their experiences, then we can really get mental health to the fore, which is where it should be and is what we need to do."

The Duchess of Cambridge added: "I keep thinking about what else we can do and how we can raise awareness. Talking about mental health is so important."

Just how important solving the UK's mental health crisis has become is revealed in the Mind charity's findings that one in four people of all ages will experience a mental health problem each year.

Although new research indicates that one in two people will have cancer in their lives, the one in four statistic puts the mental health issue above the incidence of heart disease [one in five] and diabetes [one in 12], and yet unlike other serious health problems mental illness is woefully unappreciated.

Now charities and health workers are hoping that the royals' support will help push mental illness further up the Government's agenda.

"As we live in a world where the opinions of the famous carry so much weight, so much royal support for awareness and understanding of mental health is bound to be a good thing for a wider education of the public," said one mental health campaigner.

"One in four is a shocking statistic and it is hoped that the influence of the Royal Family will add to the very good work that has already been done in this field by celebrities who have bravely come out and talked about their own bouts with mental illness. We have to get over the message that these sorts of health problems are not weird or unusual, but are commonplace."

The veteran broadcaster Lord Bragg, the former president of Mind, has led the awareness campaign by talking of how he struggled with clinical depression as young as 12 years old and did not have any one to speak to.

Calling for more help for children who struggle with mental health issues, the arts intellectual said: "I had clinical depression but I didn't know who to talk to. I don't think anybody who hasn't been through depression knows what it's like to be frightened out of your mind every day from the moment you wake up to the moment you go to sleep.

"You are terrified that something terrible is happening to you and not knowing what to do. You are in a dark wood, there isn't a path. Nobody is saying: 'Go that way.' Nobody is saying anything."

Other celebrities are also teamed with the Duke and Duchess of Cambridge in backing the campaign of Time To Change.

Davina McCall said: "Talking about mental health problems should be as easy as talking about physical health problems - you wouldn't be ashamed or scared to tell someone you were ill would you? Being open about mental health goes a long way to breaking down the stigma. It's time to talk, it's Time to Change."

Another supporter, Stephen Fry, added: "I want to speak out, to fight the public stigma and to give a clearer picture of mental illness that most people know little about. Once the understanding is there, we can all stand up and not be ashamed of ourselves, then it makes the rest of the population realise that we are just like them but with something extra."

Ruby Wax, who has experienced depression for much of her life, said: "We need to take the stigma out of mental illness. People shouldn't be ashamed of it. It used to be the 'C' word - cancer - that people wouldn't discuss. Now it's the 'M' word. I hope pretty soon it'll be okay for everyone to talk openly about their mental health without fear of being treated differently."

EastEnders star Patsy Palmer, one of millions who have suffered a mental breakdown, said: "I was frightened to tell people about it, because I thought they might treat me differently or think I couldn't cope. Anyone who says they've never felt affected in some way by mental health problems are either extremely lucky or are telling fibs."

But despite the many famous sending out the message 'it's OK, it's allowed' new research by Time To Change has revealed that nearly a third of people in England would feel uncomfortable asking someone close to them about their mental health problem.

When asked why, 58 per cent said they would worry that it would make the other person feel uncomfortable or embarrassed, 32 per cent said that they wouldn't know what to say and that they would worry the other person wouldn't want to talk about it with them and 27 per cent said they wouldn't feel that they could help.

As Time to Change director Sue Baker says, much is still needed to be done to get public thinking adjusted to that of the royals and other role models.

"Mental health problems are an everyday issue for millions of us, yet our closest family, partners, friends and colleagues can still feel uncomfortable and ill-equipped to talk about it," she said.

"Despite recent progress in starting to break down stigma, our latest survey shows that some people still worry about saying or doing the wrong thing so end up not talking about mental health at all.

"Asking someone how they are, sending a text or arranging to meet up are some of the small but very meaningful gestures that can make the world of difference. Having an open conversation about mental health is easier than people imagine, and our campaign shows people who had done just that, and the difference it has made to their lives."

To learn more about the normality of poor mental health, go to *www.time-to-change.org.uk*

Seasonal welcome awaits...

ROYAL LONDON

Invitation to revel in palaces at Christmas

BY GEOFF BAKER
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THE Royal Palaces are opening for all sorts of festive events this Christmas. Here are some of the highlights for those who fancy carol singing and mulled wine in the midst of majesty.

■ **Ice skating at Hampton Court Palace and the Tower of London.** From 20 November. Glide around Hampton Court's famous ice rink or try your balance on the iced-over dry Moat at the Tower.

■ **Tasty Talks: Christmas Dinner Delights. Kensington Palace.** December 2, 5, 9, 12, 16, 19. Hear about the origins of the Christmas pud, discover the history of roast goose, goose clubs and mince pies. Enjoy a warming spiced drink from the Wassail bowl. Free.

■ **BBC Good Food Festive Fayre. Hampton Court Palace** December 4-6, 10:00 - 18:00. Experience the palace's first ever Festive Fayre in the beautiful courtyards. Stock up from over 50 handpicked producers selling seasonal food and drink, accompanied by local choirs singing carols and festive songs. The Winter Kitchen will feature demonstrations from chefs and experts and will take place in the Tudor Kitchens.

■ **Ghost Tours. Hampton Court Palace.** December 4, 5, 6, 12, 13, 20. 19.00. Explore the palace by night and hear spooky tales of past residents. Are you brave enough to enter the Haunted Gallery? Many haven't been. Suitable for 15+ year olds. Tickets: £27.50. Phone booking only. Call 0844 482 7777

■ **SUPER COOL: Ice skating at Hampton Court Palace.**

■ **Panto and Performance. Kensington Palace.** December 5, 11.00. Delve into the world of Victorian pantomime, music hall, theatre and performance. Find out more about cross-dressing actors and backstage shenanigans in an era that brought entertainment to the masses. Tickets: £15/£12. Ticket includes a glass of Bucks Fizz and entry to Kensington Palace.

■ **Make Tudor decorations. Hampton Court Palace.** December 5, 12 and 19 December. 11.30 and 14.00. Bring the beauty of a Tudor Christmas into your home by creating your own traditional Tudor decoration to hang on your tree in these free children's workshops.

■ **Carol singing. Kensington Palace.** December 8, 11 and 15 December. Evenings of singing Victorian inspired carols as you explore the sumptuous State Apartments to the tune of a brass ensemble, with an expert to guide you through the palace and reveal stories of Christmas past along the way. Rounding off with a finale around Kensington's 30-foot tall tree, the evening includes a glass of mulled wine and mince pies. Tickets: £15/£13.50.

■ **Christmas Eerie Evening Tour. Kensington Palace.** December 12, 18.45. Hear tales of mysterious noises and strange sights in the palaces echoing corridors after dark. Be comforted by a mince pie and mulled wine if you're spooked. Suitable for 16+ year olds. Tickets: £27.50/£24.75.

■ **Singing in the courtyards. Hampton Court Palace.** December 21, 22 and 23. 18.00 and 20.00. The annual carol singing round the palace courtyards and gardens accompanied by the Epsom & Ewell Silver Band. Tickets: adults £10 / children £5

■ **Medieval Christmas. The Tower of London.** December 27-31. Join the kings, queens, knights and ladies of medieval England as they are entertained by jesters and minstrels. The Tower will be decked out just how it would have been in the medieval period.

WHERE TO SEE A ROYAL THIS WEEK

FULL details of future and recent events in the ever-busy diaries of the many members of The Royal Family are available from the official website *www.royal.gov.uk* but here's the London schedule for the week ahead for Where To See A Royal.

October 20th

■ **The Queen and the Duke of Edinburgh** will host a State Visit by The President of The People's Republic of China and Madame Peng Liyuan, who will stay at Buckingham Palace.

October 21st

■ **The Duke of Edinburgh,** as Senior Fellow, Royal Academy of Engineering, will attend the New Fellows' Dinner, at Drapers' Hall,Throgmorton Street EC2.

■ **The Countess of Wessex**, as Patron, The Craft Guild of Chefs, will attend the 50th Anniversary Dinner at Shakespeare's Globe, Bankside SE1.

■ **The Countess of Wessex**, as Chairman, The Duke of Edinburgh's Award, Women's Network Forum, will chair a meeting at the offices of British Petroleum, St James's Square SW1.

■ **The Princess Royal**, as Royal Fellow, The Royal Academy of Engineering, will attend a New Fellows' Dinner at Drapers' Hall, Throgmorton Avenue EC2.

October 22nd

■ **The Duke of Edinburgh**, as Patron, London Youth (the Federation of London Youth Clubs) will hold a luncheon at Buckingham Palace.

■ **ON DUTY: Sophie, the Countess of Wessex**

■ **The Princess Royal**, as Patron, RNVR Youth Sail Training Trust, will attend a Trustees meeting at Pennington Manches LLP, Abacus House, Gutter Lane EC2.

■ **The Princess Royal** will open the Clockmakers Gallery, the Science Museum, Exhibition Road SW7.

■ **The Princess Royal**, as Patron, The Chartered Institute of Logistics and Transport (UK), will attend an Awards Dinner at the Lancaster London Hotel W2.

■ **The Duke of Gloucester**, as Patron, International Council on Monuments and Sites – UK, will attend a Conference to mark its 50th Anniversary at Arup, Fitzroy Street W1.

■ **The Duke of Gloucester**, as Patron, British Limbless Ex-Service Men's Association, will attend a Reception to mark 75 years of bomb disposal at Guildhall, Gresham Street EC2.

October 23rd

■ **The Princess Royal**, as Patron, Transaid, will attend a Transport and Health Presentation at Eversheds, Wood Street EC2.

■ **The Duke of Kent**, as Colonel, Scots Guards, will attend a birthday lunch at Wiltons, Jermyn Street SW1.

■ **The Duke of Kent**, as Patron, will attend a London Philharmonic Orchestra concert at The Royal Festival Hall, Southbank Centre.

October 24th

■ **The Duke of Edinburgh** will attend the first Semi Final of the Rugby World Cup, at Twickenham Stadium.

October 26th

■ **The Queen**, accompanied by the Duke of Edinburgh and the Princess Royal, will present the second Queen Elizabeth Prize for Engineering at a reception at Buckingham Palace.

October 27th

■ **The Queen** will give a reception at St. James's Palace for representatives of Commonwealth Organisations.

■ **The Duke of Edinburgh**, as Patron, Gallipoli Association, will attend a lunch at the Cavalry and Guards Club, Piccadilly.

■ **The Countess of Wessex** will attend the Women of the Future Summit at the London Hilton on Park Lane.

■ **The Princess Royal** will visit a Pocket Living Show Flat at Marcon Place E8.

■ **The Princess Royal,** as Master, the Corporation of Trinity House, will attend a lunch at Trinity House, Tower Hill.

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SHOWBIZ SPECIAL

Jekyll and Hyde returns to our screens

Bateman's bad man destined to be monster smash for ITV

by Geoff Baker

AND now for something completely different, a TV drama so special and top secret that up until last week ITV was refusing to say when we would be allowed to watch it. Even though it airs this month.

Ostensibly, ITV's fear of announcing a transmission date in case BBC1 put something even more spectacular up against it seems a bit paranoid, as the story of Dr Jekyll and Mr Hyde is not exactly new. Indeed, after Sherlock Holmes and Dracula, the mood-swinging Dr Jekyll is the third most-filmed character of all time.

Leaving aside the probability that the BBC doesn't appear to have a spectacular hanging about on the shelf and is unlikely to be able to rustle up a spoiler like *The Duchess of Cambridge Does Bake Off With Prince George* at the drop of a hat, it might appear that this fuss is just another way of hyping up *Jekyll and Hyde* with PR.

But ITV is insistent that its Big New Thing is precisely that.

"I'm not sure that we've seen anything quite like this before," says the drama's executive producer Francis Hopkinson.

"It's an action adventure with a bit of horror and some fairly scary monsters."

Sort of like *Doctor Who* then?

Apparently not, because this version of the Dr Jekyll yarn is set in the 1930s and there's no time travelling. Besides, the monsters are a lot weirder.

There's the Harbinger, which has a man's head on a dog's body, the Cutter, a seven-foot-tall scary with a huge lobster's claw, the Upside Down Face Lady, whose glare apparently kills anyone who soon as looks at her and an Army of the Dead of living skeletons.

"And we have a group called the Tenebrae, which is the organisation of the gods, demons, creatures and monsters that have existed for thousands of years. They are the lords of misrule," says producer Foz Allan.

"And the people who protect us from them are MIO – like MI5 and MI6 but Military Intelligence Other. They are the nightmare police whose job it is to make us all believe these monsters don't exist, while getting rid of them from the streets of London."

Ah, so rather like *Men In Black* then?

But apparently not that either.

"We're absolutely clear that it's a British show," says Allan. "If you look at all the Marvel and DC heroes they are all very American. They are great, successful and we all love them but *Jekyll and Hyde* is the grandfather of all of those shows. *Jekyll and Hyde* is The Hulk, he is Clark Kent. It's this split personality thing, Spider Man and Peter Parker. And we've found a way to put those elements back into our world with some very British humour."

DOUBLE TROUBLE: Tom Bateman in ITV's new drama, Jekyll and Hyde.

Also different is that this Jekyll is not the good but schizophrenic doctor of the original but is his grandson, Robert Jekyll, cursed by the fact that his grandfather's affliction is genetic, and damned too because his shape-shifting officially makes him a monster and therefore the target of a dragnet thrown over pre-war London by the "nightmare police".

Although relatively-unknown at the moment, Tom Bateman, who plays Robert Jekyll, is destined to become as much the pin-up idol as the world-dominating Cumberbatch, himself a bit of a "know the face but can't quite place the name" until *Sherlock* made him a cultural phenomenon.

Bateman, best known to TV viewers as Giuliano Medici in Da Vinci's *Demons* and as Danny Hiller in *The Tunnel*, was up against stiff competition for the part – the producers considered 50 other actors for the plum role before he entered the auditions.

"Tom was a slam dunk for the role," says Allan, "he set the benchmark and nobody else got anywhere near him.

"The camera loves him but besides that he has an ability to move between Jekyll and Hyde which is extraordinary. It's a very complex acting challenge to keep the line of thinking and emotions clear, especially when he's in 80 per cent of the scenes, but when he changes from Jekyll into Hyde he truly comes over as completely different.

"Hyde is a degrading, heinous character who does cruel and horrible things and Tom has found a way of personifying that evil."

Hopkinson adds: "Tom has exceeded all our expectations. When he makes the change it's an internal character changes, the amazing thing is that you watch him and know exactly who he is being each time. When Charlie Higson first met him he said immediately, 'he's our guy'."

Higson, the acclaimed screenwriter, author of the *Young James Bond* novels and co-creator of *The Fast Show,* wanted his hero to appeal to the younger viewers who would not empathise with the older, unsexy Jekyll of Robert Louis Stevenson's original.

"I didn't want a middle-aged Jekyll, I wanted him to be younger and cool, innocent and likeable and somebody you could identify with," said Higson. "And I wanted our Hyde to be the ultimate bad boy – dangerous, amoral, hungry, half-mad, fully-sexy, fearless and powerful. Our Hyde is who we all think we are when we're drunk."

Consequently Tom Bateman found himself called on to create a youth-appealing fascinator described in his guide notes as "unbuttoned, uninhibited, unprincipled and dangerously out of control".

"I've absolutely loved it," says Bateman, "I've never read anything like Charlie's script and the show is something we haven't seen on TV before. There is nothing like it on television; the way we've shot it is very cool and original, we've got the fight guy from *Star Wars* doing our fights, there's an A-team on this.

"Jekyll is triggered into Hyde by all sorts of emotions; stress, anger, rage, jealousy and lust. When it's anger he just completely loses it and it was great fun depicting that.

"In fact my first day as Hyde was the most fun I've had in my career so far. They gave me a beautiful hotel room and said that everything in it was breakable. I knew that I only had one go at trashing it and I smashed mirrors, broke chairs, blew doors off their hinges and completely destroyed this huge wardrobe with the most beautiful mirror that the set guys had built.

"Later on in the series I got to destroy an entire drinking hall, but that took three days of shooting and destruction. By the end of the third day I had broken everything in the hall. And then the designers had to built it all again from scratch.

"To understand the part Charlie Higson gave me a book on the Greek god Pan to read. Everybody hated Pan, traditionally they were very threatened by him because he was an evil, powerful guy that no-one understood. But actually he's just the god of mischief.

"So Hyde is a nasty piece of work but, as he says in the series, 'all I want to do is have fun'. And when you are that powerful it's very easy to have fun.

"As an actor you can't approach anyone thinking that they are evil, you have to understand how they operate. As an actor I have to look at why he does the things he does, why he has no regard for anyone. There are evil forces at work in this but Hyde isn't one of them, he saves the day a lot of the time. It's very interesting to have a bad super-hero, Superman and Spiderman are almost infallibly good. But having a bad, malicious or just plain fun hero is more accessible to people.

"How would you behave if you had superpowers? You wouldn't really want to hide it, you would want to go around the world going 'look at me, look what I can do' and I think people will enjoy watching this for that, the maverick who works for no-one. Besides, everyone has a bit of Hyde in them. An example of that is how we behave when we don't like somebody. I've been brought up to be very polite and so I'm not very confrontational at all, I tend to walk away thinking 'If only I'd said or done that'. So it's quite nice to be allowed to go out and be a bit crazy, trashing bars and pushing Withnail up against a wall."

Withnail is of course movie star Richard E Grant, who is set for a new surge of fame in this series as Sir Roger Bulstrode, head of the monster-hunting MIO.

"He's a real cove," says Grant. "He dresses extravagantly and is a collector of all sorts of peculiar things in bottles, monstrous curiosities. Anything out of the ordinary is what attracts him. I think anybody who spends their life going down that route ends up becoming as peculiar as the things they obsessively collect.

"MIO is a secret because it deals with supernatural threats. While people are sleeping at night the nightmares they dream of are, in fact, real threats. It's Bulstrode's job to ensure that when the people of Britain wake up, their dreams remain nightmares and are not reality.

"He is a megalomaniac and power-crazy, always flouting the rules and he has some of the madness of Jekyll and Hyde. He is chasing someone constantly and that becomes an all-encompassing, 24-7 obsession. That's what fires Bulstrode, his life has become dedicated to eliminating monsters and he is completely obsessive about it."

As with *Men In Black*, *Jekyll and Hyde* works by preying on that suspicion that there are in fact bogeymen out there somewhere.

"The idea that monsters are with us is universal," says Foz Allan. "We in our particularly rational, 21st century way, are forgetting these creatures. They have defined the world for so long and they're not going away, they are out there in the shadows."

Jekyll and Hyde ITV Sunday October 25, 6.30 pm

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WINE & DINE

The food and drink page for West London

By Jeananne Craig

Rachel finds inspiration on Ireland's shoreline – and shares it with students

THE sun didn't always shine during Rachel Allen's recent road trip along Ireland's stunning Atlantic coast, but the chef and writer insists that was all part of the charm.

"When the weather wasn't great, it was wild and dramatic and windy. We had a couple of boat trips that did more than clear out the cobwebs," says Allen, who spent a month journeying along the rugged western terrain from Ballymaloe in County Cork to the rugged headlands of Donegal.

She visited numerous foodie locations along the route – and each stop-off forms a chapter in her new book, *Coast*, which is packed full of recipes inspired by her 'culinary odyssey'.

There was Sneem village in Kerry, where she met black pudding-producing butchers; Galway City, to stock up on farmhouse cheese, and Rathmullan House in County Donegal, where Allen sampled some locally-brewed Kinnegar beer.

"The characters you meet along the way and their passion is just wonderful," says the author and TV presenter, who teaches at the acclaimed Ballymaloe Cookery School.

"I also learnt how to free-dive for crabs and went snorkelling, looking at different seaweeds. I was constantly learning."

Allen believes Ireland's gastronomic output in recent years has helped reverse the opinion that it houses a "nation of potato and cabbage eaters".

"Our produce is just the best in the world – when you think of our amazing seafood, our dairy, our meat, because of all our wonderful green grass and our grass-fed animals – it's just fantastic," she enthuses. "I think it's wonderful now that so many more chefs have confidence in our produce. We're importing less all the time. It's wonderful seeing people going for local produce and really showcasing it wonderfully by doing simple things to it."

Allen took what she learned on her road trip back to share with her pupils at Ballymaloe. The Dubliner was 18 when she enrolled in a course at the famous school and met now-husband Isaac (son of renowned chef Darina Allen).

"I love the teaching, and thankfully my mother-in-law Darina is wonderful at letting me go off and do this. I come back full of enthusiasm," she says.

The mum-of-three, whose children range in age from six to 15, admits that despite the long days and distances involved, her journey up the Atlantic coast was "probably easier" than her usual day-to-day work.

"Normally when I finish work, I have to come home and look after the children. [On the trip] we were staying in little hotels, guest houses or bed and breakfasts, so all I had to do was eat an evening meal and collapse into bed," she adds with a laugh.

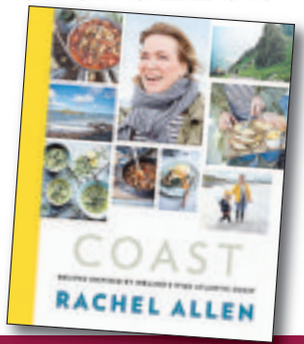
■ ALL YOU NEED: Rachel Allen enjoys life on the Atlantic coast of Ireland.

Have Allen's kids picked up any of her kitchen prowess?

"Josh [the eldest] is good at catching fish. He'll bring the fish back, he knows how to cook it himself but I'm awful, I'm one of these mothers, like the typical Irish mum who'll say, 'Ah no, I'll do it'," she confesses.

"I need to get them to do more, because they're good actually."

Want to try one of Allen's tasty recipes at home? Here is one from *Coast*...



IRISH ONION SOUP WITH BLUE CHEESE TOASTS
(*Serves four as a starter*)

25g butter
600g onions, peeled and cut into 5mm thick slices
Salt and freshly ground black pepper
1L chicken or beef stock
150ml double or regular cream
For the Blue Cheese Toasts:
8 x 1cm thick slices of baguette, white yeast bread or sourdough
75g blue cheese, crumbled

Melt the butter in a saucepan large enough to take the onions. Add the onions, season with salt and pepper and stir. Turn the heat down to medium-low and cook for one-and-a-quarter to one-and-a-half hours, until the onions are very deep golden brown. You'll need to stir the onions and scrape the bottom of the saucepan every few minutes while cooking.

When the onions have caramelised, add the stock and bring to the boil, then turn the heat down and simmer for 15 minutes. Add the cream, bring to a simmer and season to taste again with salt and pepper, then take off the heat.

When ready to serve, preheat the grill, then toast the bread on both sides and cut into smaller pieces, about 4cm. Pour the hot soup into heatproof bowls and top with the toasted bread. Crumble the blue cheese over the top, place the bowls under the hot grill and cook for one to two minutes until bubbling.

MARK HIX'S RECIPE OF THE WEEK

Pheasant and squash curry

Serves four

AT this time of year, some lucky people may have an excess of pheasants in their freezer. If not, though, you'll likely get them from the shops or your butcher. The thighs are perfect for a curry and the breasts I quite like bashing out into an escalope and coating in crumbs and serving with a fried egg on top.

Ingredients
20 or so pheasant thighs; 1 x 600-800g squash, peeled, seeded and cut into rough 2cm chunks; 4 onions, peeled and sliced; 2 medium green chillies, deseeded and sliced; 1tbsp ghee; 1 tbsp tomato purée
1 litre chicken stock; a good cube will do; 1tbsp chopped coriander leaves

For the marinade
6 cloves of garlic, peeled and crushed; 50g root ginger, scraped and finely grated; a good pinch of saffron; 200g thick yogurt; 4 cloves

For the spice mix
1tsp black peppercorns; the seeds from 12 cardamom pods; a small piece of cinnamon or cassia stick; 1tsp cumin seeds; 1tsp fennel seeds; 1tsp ground turmeric; 1 small butternut squash, peeled, seeded and cut into chunks

To garnish
2tsp pumpkin seeds; a handful of coriander leaves, washed

MIX all of the ingredients together for the marinade then mix with the pheasant thighs, cover and marinate for at least an hour.

Meanwhile, put all of the ingredients for the spice mix in a cast-iron frying pan and heat them over a medium heat for about 3-4 minutes, turning them regularly with a spoon until they are lightly browned. Transfer to a mortar and pestle and coarsely grind the spices.

Melt the ghee in a thick-bottomed pan and gently cook the onions and chillies on a low heat with a lid on for 5-6 minutes, stirring every so often until soft.

Add the spices, tomato purée and chicken stock, bring to the boil and simmer for 10 minutes.

Add the pheasant and the marinade, cover and simmer gently for about 20 minutes, topping up with a little water if necessary. Take a ladle of the sauce and blend in a liquidiser until smooth and return to the pan.

Add the squash and continue simmering for another 15-20 minutes or until the squash is cooked. The pheasant should be tender now and the sauce quite thick; if not, continue simmering.

Stir in the coriander and transfer to a serving dish. To serve, scatter the pumpkin seeds on top and accompany with basmati rice.

■ TUCK IN: Pheasant and squash curry.

Talk Of The Town

Music | Theatre | Reviews

UNFORGETTABLE: Kerry Ellis, right, and Louise Dearman gave a stunning show at The Prince Edward Theatre, inset right.

West End icons in Grey Gardens

OLIVIER Award-winning West End stars Sheila Hancock and Jenna Russell are to star in the eagerly awaited European première of *Grey Gardens*.

Based on an iconic 1975 documentary, *Grey Gardens*, with book by Doug Wright, music by Scott Frankel and lyrics by Michael Korie, tells the spectacular real-life rise and fall of Jacqueline Kennedy Onassis's aunt and cousin, Edith and Edie Bouvier Beale.

Starting in 1941 at an engagement party at Grey Gardens, the Bouviers' mansion in East Hampton, Long Island, the musical tracks the progression of the two women's lives from American aristocrats to reclusive social outcasts living in such squalid conditions, in a home overrun by cats, that the health department deemed the mansion 'unfit for human habitation'.

Grey Gardens, produced by Danielle Tarento and directed by Thom Southerland, the award-winning team behind *Grand Hotel*, *Titanic*, *Parade* and *Mack & Mabel*, will open for a six-week season in The Large at Southwark Playhouse from Saturday, January, 2. For more information visit the website *southwarkplayhouse.co.uk*

Duo prove once is never enough

Kerry and Louise *****

AFTER months of planning and preparation, the most highly anticipated West End concert of the year finally took place at The Prince Edward Theatre on Sunday, September 27.

Two of London's biggest stars of the stage, Kerry Ellis and Louise Dearman, joined forces for the first time in a one-off concert celebrating their 20-year friendship and the many successful roles they have both played.

Ellis' stage credentials are many, with her most recent success as Grizabella in the revival of Andrew Lloyd Webber's *Cats* at the London Palladium. No stranger to rock, Kerry performs regularly with Queen legend Brian May and has recorded a number of successful albums with the guitarist.

Dearman has most recently been performing in *The Songbook of Judy Garland* alongside Garland's daughter Launa Luft, and has just published a top-selling book called *Secrets of Stage Success*. The show, which marked the pair's biggest success however, was the smash hit musical *Wicked*. Both singers gained cult following for playing the Green Witch Elphaba in the phenomenally successful musical, which saw Ellis also play the role on Broadway and Dearman as the only actress to play both of the leading characters.

It was a fitting way to start their concert together, therefore with *Wicked's* most famous standard, *Defying Gravity*, which immediately whipped the audience of adoring fans into a frenzy.

With ease and verve the pair moved into an expertly arranged mix of Rhianna's *Diamonds* and the classic *Diamonds Are Forever*.

The arrangements for the concert by virtuoso musical director Craig Adams were wonderfully fresh and exciting and breathed some new life into some of the more traditional numbers.

After a soulful rendition of the pair's single *Let Me Be Your Star*, we were given some more classic songs with the famous Streisand/Garland duet *Get Happy* and *Happy Days* followed by a touching tribute to the late Cilla Black.

The blend of two such great voices was at times spine-tingling and coupled with the hilarious on-stage banter made for a thoroughly engaging act one particularly when they reminisced about college days and during the absolutely hilarious *Anything You Can Do I Can Do Better*.

There were also some solo spots, most notably the heavily pregnant Ellis' tribute to her family with *Alfie* and Dearman's *Little Bird*, but it was when together that there was a real electric charge and their act two *In His Eyes* from the musical *Jekyll and Hyde*, followed by the Sam Smith hit *Lay By Your Side* left me sobbing with appreciation.

With some great support on backing vocals from the glorious Caroline Deverill and Jennifer Tierney, a titbit of expressive dance from some students from Masters College and exquisite backing from the band, this night out had everything I could wish for and totally lived up to my expectations. I can just hope that we may see a tour, which will bring these exceptionally talented, and now legendary performers to a wider audience around the country.

Nicky Sweetland

Talk Of The Town

london Listings

Soul Night at Koko, Camden

November 10

Tony Blackburn's legendary Soul Night, in which the DJ is joined on stage by artists including The Three Degrees, Shaun Escoffery, Lemar, Diane Shaw, Jaki Graham, Kenny Thomas and Odyssey, will take place on Tuesday, November 10 at London's Koko, Camden. Tickets for this special evening are £30. From this a minimum of £12.50 will be donated to BBC Children In Need.

Blackburn said: "I think the annual soul night is well and truly here to stay. I can't wait to get back on that stage alongside this year's artists for some great performances, and it's all for a great cause!"

David Robey, BBC Radio London editor, said: "Tony's Soul Night was a huge success in the 1980s on BBC Radio London, so it feels appropriate to stage another Soul Night revival to coincide with the return of our radio station's name to BBC Radio London."

Elf the musical at the Dominion Theatre

November 5 to January 2

This year's festive must-see show is going to be this heart-warming extravaganza. The show, based on the 2003 film which starred Will Ferrell in the title role, was a smash hit on Broadway and is likely to be London's hottest ticket this season, despite the much reported high ticket prices. The show stars former Girls Aloud songstress Kimberley Walsh alongside West End heart throb Ben Forster, who will once again play the eponymous hero after wowing audiences last year in the role in both Plymouth and Dublin.

Importance of Being Earnest at the Vaudeville Theatre

To November 7

David Suchet stars as Lady Bracknell in Oscar Wilde's much loved masterpiece. Directed by Adrian Noble, Wilde's superb satire on Victorian manners is one of the funniest plays in the English language – the delightful repartee and hilarious piercing of hypocrisy and pomposity can still make you laugh out loud.

www.importanceofearnest.com

Carmen at the Royal Opera House

To November 30

Experience the power and magnetism of Bizet's most popular opera as Carmen returns to the stage at the Royal Opera House. His 17th and final opera, Carmen tells the story of Don Jose, an inexperienced young soldier seeking to marry Micaela, a girl that he knows from his home village. His plans are thrown wildly off course when he encounters the alluring Carmen, a sensual and spirited woman very different from his intended bride. Carmen soon becomes bored with Don Jose and turns her attentions to the toreador Escamillo, falling in love with him to the despair of Jose. Unable to control his emotions, Don Jose hunts down Carmen and discovers her at the bullring where Escamillo is fighting. With murderous intentions, the young soldier seeks a violent resolution to the entangled romance. Flamboyant, passionate and violent, Bizet's work has lost none of its appeal since its debut in the 19th century. With rousing music that includes the Toreador Song and Carmen's famous Habanera, all the ingredients are here for a truly great opera.

Hamlet at the Barbican Theatre

To October 31

Directed by Lyndsey Turner and starring Benedict Cumberbatch. Benedict Cumberbatch takes on the title role in Shakespeare's great tragedy. Directed by Lyndsey Turner (Posh, Chimerica) and produced by Sonia Friedman Productions, the Barbican presents an exclusive 12-week run of this compelling new production in summer 2015.

The World Goes Pop at the Tate Modern

Until January 24, 2016

Over 200 works by artists from Latin America to Asia celebrates the many faces of pop art.

This show isn't about the pop art you know, it's about the pop art that escaped the history books. And it certainly packs a punch. It's fun, engaging, colourful, revelatory, opinionated, racy and stunning. Most importantly the show illuminates how pop wasn't confined to Andy Warhol's Factory in New York or Richard Hamilton's studio in London – it was a phenomenon that reached much further, practiced by artists in Peru, Israel, Argentina, Japan, Brazil and Eastern Europe.

In an opening gallery painted scintillating red, the work quite literally pops off the walls. Here, traditional techniques are turned on their head, such as Japanese woodblock printing in Ushio Shinohara's 'Doll Festival', (1966) which is reinvigorated with the use of industrial materials like Perspex. Moving on, you'll find the mimicry of media and the language of mass production, the repetition of advertising strategies and consumerist logos, the appropriation of icons from popular culture, the re-evaluation of the role of women and the subversion of political symbolism. It makes for a riveting, eye-opening group exhibition that re-educates us on a movement that really reached out to embrace us – and continues to do so.

The Barber of Seville at the London Coliseum

To November 11

The Barber of Seville will have you smiling from the moment it begins. Filled with fun and farce, this sunny adventure follows the escapades of the barber Figaro as he assists Count Almaviva to prise the beautiful yet feisty Rosina away from her lecherous guardian Dr Bartolo.

Set in an elegant vision of 18th-century Seville, Jonathan Miller's much-loved production returns to the Coliseum and remains as side-splittingly funny as ever. For this revival, the talented Christopher Allen will conduct Rossini's sparkling score, packed full of wit and playful tunes.

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Cedric Neal and Lucy St Louis in *Motown the Musical.*

■ CEDRIC Neal and Lucy St Louis will lead the cast in the West End production of *Motown the Musical*, opening at the Shaftesbury Theatre in February.

Playing Berry Gordy and Diana Ross, the pair, *pictured,* will begin their West End reign next year in the show which charts the rise of Gordy from featherweight boxer to heavyweight music mogul.

Gordy discovered and launched the careers of Diana Ross, Michael Jackson, Stevie Wonder, Smokey Robinson, Marvin Gaye and many more. *Motown the Musical* uncovers the true story of the legendary record label.

Featuring a 16-piece orchestra playing 50 Motown tracks including *Ain't No Mountain High Enough, I'll Be There, Dancing In The Street, Stop! In The Name Of Love, My Girl* and *I Heard It through the Grapevine*, Charles Randolph-Wright's production tells the story behind the classic hits.

Tony-nominated *Motown the Musical* received its world premiere in April 2013 in New York at the Lunt-Fontanne Theatre and recouped its $18 million investment by the end of 2014. The first US national tour opened to critical acclaim last spring in Chicago, grossing $20 million dollars during its standing room only 16-week run, and continues to play to packed houses across America.

Soundtrack for a young generation

THE highly acclaimed Green Day musical *American Idiot* has just a few weeks left to run at The Arts Theatre, Leicester Square, so I thought I'd better fit in a visit before it was too late, *writes Nicky Sweetland.*

I was also lucky enough to get to speak to star Aaron Sidwell about what an important piece of theatre it has been to both West End audiences and to him personally.

The Tony award-winning musical is based on punk rock band Green Day's rock opera concept album *American Idiot,* which was released in 2004. The album was written post 9/11 and is seen by many as the sound of a generation.

The London production opened in the spring and has run with an almost cult following since, with both critics and audiences alike hailing it an absolute success. The show covers many political and social issues and I first asked Aaron what it had been like to perform on the tenth anniversary of 9/11, and how the event was marked by the cast.

"We did a little dedication for 9/11 because the show had to mark it in some way. It's not what the show's about but that event and the events that transpired kind of inspired Green Day to write the album, which we felt we should mark in some way. We did a dedication with *Wake Me Up When September Ends*. It was a very poignant time to be doing the show."

Green Day are one of the biggest rock bands in the world and the album sold 6.2 million copies in the US alone, but Aaron was just a child when it was released so I asked him if it was something he had to investigate or if he had already heard the acclaimed soundtrack.

I was completely aware of Green Day from a really young age. My dad is a very musical man and he got everything going so I would immerse myself in all of the music that he had.

■ CULT FOLLOWING: Aaron Sidwell and Amelia Lily.

It was bands like Green Day and Nirvana that at a really young age grabbed me. They're both quite similar in the sense that they're both quite angry towards certain things. They've both had these albums that have been the voice of a generation. There's something about the music of these kind of bands that has always grabbed me so the opportunity to do the show was a no-brainer for me. I'm getting to express myself in a way that I would have loved to have done at 16 and 17 so it was an opportunity I just jumped at."

The story centres on three disaffected young men, Johnny, Will, and Tunny. Aaron's character Johnny leaves the small town for the promise of the big city, where he turns to drugs after the city doesn't deliver all that he has dreamed of.

The story has been altered slightly from the original production in order to make it clearer to follow, with the addition of an extremely powerful drug-taking scene, performed by Aaron, which makes for compulsive viewing. He tells me how he prepared for the scene, which is both frightening and enthralling all at once.

"I watched *Trainspotting*. I think Ewen McGregor's performance in that is brilliant. You wouldn't believe what people would post on YouTube. People doing what I was doing, which is called a heroin nod. That physical action of falling almost. It was a school-like study I had to do of heroin and it was a long process but I knew if I didn't get it right it wouldn't feel right."

Aaron very much gets it right, and his performance is expected to see the young star gain nominations when it comes to the awards season. With an awesome soundtrack, political and social echoes, this show is a must-see before it leaves the West End at the end of November.

American Idiot runs at the Arts Theatre, Leicester Square until November 22 and begins a national tour on March 19.

Talk Of The Town

By NICKY SWEETLAND
LWN Theatre Critic

HOT STUFF: Jade Ewen (Vanessa), Victoria Hamilton-Barritt (Daniela) and Sarah Naudi (Carla) in In The Heights. Photos Johan Persson

Fizzy cocktail of music and dance hits the heights

In the Heights ****

HAVING not seen *In the Heights* when it was performed at The Southwark Playhouse back in the Spring of 2014, I was intrigued to visit the press night of this much hyped and highly acclaimed production.

It also marked my first foray into the Kings Cross Theatre, a purpose-built facility which has been very successfully hosting *The Railway Children*.

In the Heights will run in rep with the classic children's story and I must say, I was very impressed with the set-up at the venue.

The plot follows a struggling group in a predominantly Hispanic neighbourhood of Washington Heights.

Spicy and electric, the characters are not too developed but their interactions are heartfelt and with a mix of hip hop, Latin, and Caribbean beats, the show becomes a melting pot of festivity and acts as a showcase for Drew McOnie's stunning high energy and vibrant choreography.

In a reflection of many small communities, the action is conducted around the central businesses, in this case; a corner shop owned by the narrator of the story, Usnavi (the adorable Sam Mackay), a cab company, which is one of the area's biggest employers and a hairdressing salon run by the vivacious and sharp tongued Daniella, played with verve by Victoria Hamilton-Barritt.

During a three-day heat wave all the residents are forced to reflect on their lives and loves with Benny, Joe Aaron Reid, and Nina, Lily Frazer, eventually finding each other despite adversities.

I last saw Reid on Broadway with *Frozen* star Idina Menzel in *If/Then*, and he brings an attractive and charismatic style to this performance, matching well with the fresh and stunning Frazer.

Jade Ewen is fabulously racy as Vanessa and vocally the highlight for me, with Josie Benson not far behind with her powerful and commanding portrait.

West End stalwarts David Badella and Eve Polycarpou bring some experience to the cast, but this very much feels like a young and muscular show and I would have liked to have seen more from the likes of Antoine Murray-Straughan and Cleve September who are undoubtedly stars of the future.

As temperatures start to plunge in the capital, *In the Heights* is the perfect show to bring back some heat to a chilly autumn evening.

HOT STUFF: The adorable Sam Mackay as Usnavi.

Jackson tribute receives thrilling revamp

AS the production charting prince of pop Michael Jackson's meteoric rise to fame passes the $150 million mark at the box offices, a newly revamped version of the concert spectacular premiered at the Lyric Theatre in the West End, *writes Nicky Sweetland.*

I went to see for myself how *Thriller Live* has become one of London's most popular and longest running shows.

The musical, which contains some of Jackson's biggest hit songs, including *Smooth Criminal, Earth Song* and of course the worldwide smash hit *Thriller,* takes us through the life of the phenomenally talented entertainer from his days with his brothers in The Jackson Five right up until his final chart toppers in a history presented through music with uplifting vocals and some fantastic individual performances.

With high-energy dance and breathtaking lighting, the new version of the show, which premiered on October 8, features new songs, costumes and effects to breathe life into the juke-box extravaganza.

On December 13, at the 2,901st performance at the Lyric Theatre, *Thriller Live* will overtake *Evita* to become the 17th longest running West End musical and is testament to the enduring appeal of Jackson and his music.

Thriller Live*, choreographed and directed by award-winning Gary Lloyd, was originally conceived and created by Adrian Grant, a long time associate of Jackson, and author of *Michael Jackson – The Visual Documentary.

HIGH ENERGY: Thriller Live at the Lyric Theatre is poised to reach a new West End milestone.

Youngsters' good start

THE Lyric Theatre is accepting applications for an innovative autumn arts and education initiative called START.

The six-week project begins on October 26 and aims to re-engage young people with the learning process through stimulating creative and artistic projects.

The START programme is a free, unique education programme delivering a nationally recognised Arts Award Qualification in literacy and numeracy accredited by Trinity College. Open to disadvantaged young Londoners aged between 16 and 19, the programme engages young people from West London who are NEET (not in employment, education or training).

The START students are supported by a team of arts-in-education specialists, key skills tutors and professional performers who help the young people develop and discover new skills.

The programme began in 2006 and since then has seen previous START alumni go on to further education, creative arts and professional employment.

Dream team at the Lyric

WITH the successful children's season nearing its close, Theatre Alibi will take up the reins at the Lyric Theatre in Hammersmith on October 24.

The company describe themselves as contemporary storytellers. Their new production, *Olive and the Dream Train,* will see the Exeter-based company once again bring their magic to the studio at the Lyric.

Performer Kirsty Cox explained: "It's about a young girl called Olive who daydreams a lot and has an amazing imagination. She finds it quite difficult to concentrate at school because she's always daydreaming and one particular morning she has a daydream on her way to school, boards a steam train and goes on an amazing adventure, all in her head."

The company integrates a wide variety of art forms into its work and recent productions have featured animation, film, puppetry, photography and music both live and recorded.

Theatre Alibi will be doing two performances at the Lyric on October 24. The show is suitable for five to 11-year-olds and you can get more details on the website *lyric.co.uk*

BRIGHT OUTLOOK: Olive and the Dream Train.

Classified

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Deaths

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Local Planning Applications London Borough of Hammersmith & Fulham

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PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990

I give notice that applications have been made to the Council of the London Borough of Hammersmith & Fulham as follows:

FOR DEVELOPMENT WHICH MAY AFFECT THE CHARACTER OR APPEARANCE OF A CONSERVATION AREA

16 Ceylon Road London W14 0PY 2015/04632/FUL
Erection of a front roof extension including raising the ridge height and formation of terrace to front elevation at new roof level.

25 Studdridge Street London SW6 3SL 2015/04691/FUL
Erection of a rear extension at second floor level over part of the existing back addition.

258 - 264 Goldhawk Road London W12 9PE 2015/04674/ADV
Continued display of a non-illuminated banner sign measuring 3.3m wide x 5.2m high on Greenside Road elevation at first and second floor levels

82 Cardross Street London W6 0DR 2015/04720/FUL
Erection of a rear roof extension involving an increase in the ridge height; erection of a rear extension at second floor level, on top of existing back addition; replacement of existing single glazed timber windows to front elevation with new double glazed timber windows; replace existing timber windows to rear elevation at first floor with new double glazed timber windows; replace existing door and window to rear elevation at ground floor level with uPVC double glazed window and door.

35 Winslow Road London W6 9SF 2015/04752/FUL
Retention of the increase in the ridge height; retention of first floor rear extension; retention of additional rooflight in front roofslope.

Flat First Floor 14 Mornington Avenue London W14 8UJ 2015/04672/FUL
Increasing the height of the balcony railings at first floor level to the front elevation.

The Lodge Fulham Cemetery Fulham Palace Road London SW6 6UB 2015/04561/FUL
Change of use of the main lodge and depot (both Class Sui Generis) to a single dwellinghouse (Class C3); incorporation of part of cemetery into the curtilage of proposed dwellinghouse; demolition of depot and part of the main lodge; erection of a part one, part two storey plus-basement extension and installation of rooflights to the roofslope of main lodge; provision of refuse and cycle storage; associated landscaping and external alterations.

59 Pennard Road London W12 8DW 2015/03924/FUL
Erection of a rear roof extension; installation of 3no rooflights in the front roofslope; erection of a single storey rear extension, to the side and rear of the existing back addition; excavation of the front garden to form a lightwell in connection with the enlargement of the existing basement; conversion of the existing dwellinghouse into 2 x one bedroom and 1 x three bedroom self-contained flats.

The Cross Keys 57 Black Lion Lane London W6 9BG 2015/04275/FUL
Change of use the existing detached building to the rear of the premises from Class A4 drinking establishment and Class B8 storage to use as Class A4 drinking establishment and function room and the remaining area for storage.

32 Delvino Road London SW6 4AD 2015/04758/FUL
Minor material amendment to previously approved planning permission ref: 2014/05786/FUL granted 20th January 2015 for the 'Erection of a single storey rear extension following demolition of existing extension; excavation of the front garden to increase the size of the existing lightwell and excavation of the rear garden to form a lightwell, in connection with the enlargement of the basement.' Amendments to include installation of French doors and a Juliet balcony to replace the existing window in the rear roofslope; erection of an external staircase from basement to garden level at the rear of the property.

10 Palliser Road London W14 9EE 2015/04500/FUL
Erection of a single storey side extension at ground floor level; replacement of existing dormer window in front roofslope with two new dormer windows and two rooflights; infilling of the front porch.

Bus Shelter Outside 185 New King's Road London 2015/04363/ADV
Display of a freestanding internally illuminated double sided led screen on the public highway measuring 2.370 (height) x 1.338 (width) x 0.245 (depth). (Amended Site Address).

17 Ravenscourt Square London W6 0TW 2015/04635/FUL
Erection of new brick wall on the southern boundary to replace the existing timber fencing; erection of 60mm spikes on the existing western brick boundary wall.

67 Harwood Road London SW6 4QL 2015/04655/FUL
Erection of additional floor at roof level; erection of a rear extension at second floor level, on top of existing back addition; erection of railings around flat roof at third floor level in connection with its use as a terrace.(Amended description)

The Queens Club Palliser Road London W14 9EQ 2015/04784/VAR
Variation of condition 2 of planning permission ref: 2012/03694/FUL granted 18th February 2012 to allow minor material amendment to the fenestration of Pavilion Terrace elevation to include construction of the bay with brickwork at first floor level.

137 - 139 King Street London W6 9JG 2015/04798/FUL
Formation of a roof terrace at fourth floor level.

Langford Primary School Gilstead Road London SW6 2LG 2015/04641/FR3
Erection of new timber fencing with galvanised posts and installation of timber gates within the curtilage of

Langford Primary School. 601 King's Road London SW6 2EL 2015/04750/ADV
Display of an internally illuminated fascia sign to the south western and north eastern elevation; display of 2no externally illuminated projecting signs to the north western and north eastern elevation; display of non-illuminated fascia sign to the north eastern, north western and south western elevation.

907 - 909 Fulham Road London SW6 5HU 2015/04698/FUL
Installation of a new shopfront.

907 - 909 Fulham Road London SW6 5HU 2015/04699/ADV
Display of 3 x non-illuminated A0 clip frame posters set within an internal display area behind window, enclosed by single plywood and timber stud wall.

148 Wandsworth Bridge Road London SW6 2UH 2015/04656/FUL
Change of use of the rear part of the ground floor from retail (Class A1) into a self-contained studio flat (Class C3).

Maisonette First And Second Floors 790 Fulham Road London SW6 5SL 2015/04745/FUL
Conversion of the existing maisonette at rear ground floor, first floor and second floor level into 2no. self-contained one bedroom flats; erection of a rear extension at second floor level on top of the existing back addition; and installation of double-glazed windows to replace existing on the rear elevation and side elevation of the back addition at first and second floor level.

5 Dewhurst Road London W14 0ET 2015/04780/FUL
Erection of a rear roof extension; excavation of front garden and part of rear garden to form lightwells, in connection with the enlargement of the basement.

FOR CONSERVATION AREA CONSENT (DEMOLITION WORK)
FOR LISTED BUILDING CONSENT

Langford Primary School Gilstead Road London SW6 2LG 2015/04590/LBCHF
Erection of new timber fencing with galvanised posts and installation of timber gates within the curtilage of Langford Primary School.

FOR DEVELOPMENT WHICH MAY AFFECT THE SETTING OR CONTEXT OF A LISTED BUILDING

Langford Primary School Gilstead Road London SW6 2LG 2015/04641/FR3
Erection of new timber fencing with galvanised posts and installation of timber gates within the curtilage of

Langford Primary School 23 Kenmont Gardens London NW10 6BT 2015/04685/FUL
Conversion of a single storey building, formerly used as a garage, to a self-contained studio flat; erection of a single storey rear extension; and other external alterations.

Anyone who wishes to make representations about these applications should do so by 8th November 2015. See below for ways of commenting on applications.

THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2013
NOTICES UNDER REGULATION 13

Design Centre East Chelsea Harbour Drive Chelsea Harbour London 2015/04757/FUL
I give notice that KLC School Of Design is applying to HAMMERSMITH & FULHAM COUNCIL for planning permission to carry out the following development: Retention of use of Unit 503 at fifth floor level from Office (Class B1) into non-residential institution (Class D1). The proposal constitutes a major development.

96 Goldhawk Road London W12 8HD 2015/04708/FUL
I give notice that Mr Chris Old is applying to HAMMERSMITH & FULHAM COUNCIL for planning permission to carry out the following development: Change of use of the rear part of the upper ground floor level from retail (Class A1) into residential (Class C3); erection of a two storey rear extension at lower ground and upper ground floor level, in connection with the conversion of the rear part of the lower ground and upper ground floor level into 1no. two bedroom self-contained maisonette; erection of an external staircase from lower ground to upper ground floor level at the rear of the property; and associated landscaping.

Anyone who wishes to make representations about these applications should do so by **8th November 2015**. See below for ways of commenting on applications.

Signed: **NIGEL PALLACE**
Executive Director for Transport and Technical Services
on behalf of HAMMERSMITH & FULHAM COUNCIL

You can view applications, make comments and monitor their progress on our website: www.lbhf.gov.uk/planning. Click on the 'Planning Online' logo on the Planning Home Page.

You can also E-mail comments to: plancomments@lbhf.gov.uk

You can also inspect details of applications using computers at our office RECEPTION FIRST FLOOR HAMMERSMITH TOWN HALL EXTENSION KING STREET W6between 9.00am and 5.00pm, Monday to Friday, excluding public holidays.

If you want to make comments on applications please E-mail them through our website or post them to **DEVELOPMENT MANAGEMENT SERVICE ENVIRONMENT SERVICES DEPARTMENT TOWN HALL KING STREET W6 9JU** by the date shown above. Please include the application reference number and the name of the planning officer. We will try to consider any representations received after the date indicated but this cannot be guaranteed so please reply promptly. For initial enquiries call our information and reception service on **020 8753 1081** or **020 8753 1082**.

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LONDON BOROUGH OF HAMMERSMITH AND FULHAM

ROAD TRAFFIC REGULATION ACT 1984 SECTION 14(1)

(CARNWATH ROAD) TEMPORARY PROHIBITION OF TRAFFIC

1. The Council of the London Borough of Hammersmith and Fulham hereby gives notice that in order to facilitate crane operation works in the above named road, it proposes to make an Order the effect of which would prohibit traffic in a section of the above named road.
2. Whilst works are in progress, or whilst the authorised traffic signs are displayed, no person shall cause any vehicle to proceed, stop, wait, load or unload in Carnwath Road outside Nos. 82 to 104 Carnwath Road.
3. An alternative route for traffic in article 2 would be in place via Peterborough Road and Sulivan Road.
4. Exemptions would be provided in the Order to permit reasonable access to premises, so far as it is practical without interference with the execution of the said work and for works vehicles, any vehicle being used in connection with police, fire or ambulance purposes and anything done with the permission or at the direction of a police constable in uniform.
5. The Order would come into operation on Saturday, 7th November 2015 and would be valid for a maximum period of 18 months or until works are completed, whichever is the sooner.
6. Works would be expected to commence on Saturday, 7th November 2015 and last for 2 days. With a back up starrt date scheduled for Saturday, 21st November 2015. The dates specified are for guidance and informative purposes only and works may extend outside these dates.

Dated this 12th day of October 2015.

Chris Bainbridge
Head of Transport Policy & Network Management
Transport & Technical Services

LONDON BOROUGH OF HAMMERSMITH AND FULHAM

ROAD TRAFFIC REGULATION ACT 1984 SECTION 14(1)

(HAMMERSMITH ROAD) TEMPORARY PROHIBITION OF TRAFFIC

1. The Council of the London Borough of Hammersmith and Fulham hereby gives notice that in order to facilitate utility repair works in Hammersmith Road, it intends to make an Order the effect of which would suspend a section of the northbound bus lane in a section of the above named road.
2. Whilst works are in progress, or whilst the authorised traffic signs are displayed, the north-eastbound bus lane on Hammersmith Road will be suspended between North End Road and Earsby Street.
3. An alternative route for traffic in article 2 would not be required.
4. Exemptions would be provided in the Order to permit reasonable access to premises, so far as it is practical without interference with the execution of the said work and for works vehicles, any vehicle being used in connection with police, fire or ambulance purposes and anything done with the permission or at the direction of a police constable in uniform.
5. The Order would come into operation on the Monday, 9th November 2015 and would be valid for a maximum period of 18 months or until works are completed, whichever is the sooner.
6. Works would be expected to commence on Monday, 9th November 2015 and last for 3 day. The dates specified are for guidance and informative purposes only and works may extend outside these dates.

Dated this 5th day of October 2015.

Chris Bainbridge
Head of Transport Policy & Network Management
Transport & Technical Services

LONDON BOROUGH OF HAMMERSMITH AND FULHAM

ROAD TRAFFIC REGULATION ACT 1984 SECTION 14(1)

(ADDISON GARDENS) TEMPORARY PROHIBITION OF TRAFFIC

1. The Council of the London Borough of Hammersmith and Fulham hereby gives notice that in order to facilitate utility repair works in Addison Gardens, it made an Order the effect of which prohibits vehicular traffic in the above named road.
2. Whilst works are in progress, or whilst the authorised traffic signs are displayed, no person shall cause any vehicle to proceed, stop, wait, load or unload in the left hand lane in the section of Addison Road between No. 74 Addison Gardens and its junction with Richmond Way.
3. An alternative route for traffic in article 2 would be in place via Richmond Way, Bolingbroke Road, Sinclair Road and Addison Gardens.
4. Exemptions would be provided in the Order to permit reasonable access to premises, so far as it is practical without interference with the execution of the said work and for works vehicles, any vehicle being used in connection with police, fire or ambulance purposes and anything done with the permission or at the direction of a police constable in uniform.
5. The Order would come into operation on the Tuesday, 27th October 2015 and would be valid for a maximum period of 18 months or until works are completed, whichever is the sooner.
6. Works would be expected to commence on Tuesday, 27th October 2015 and last for 3 day. The dates specified are for guidance and informative purposes only and works may extend outside these dates.

Dated this 9th day of October 2015.

Chris Bainbridge
Head of Transport Policy & Network Management
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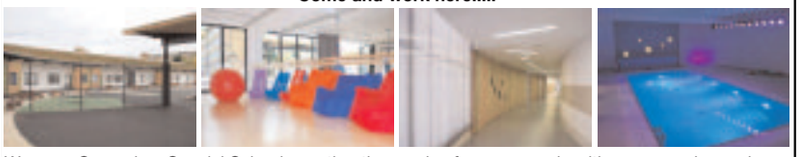

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Warnock lurks in Ramsey's shadow

NEIL Warnock has returned to QPR as a part-time first team advisor – but if a section of fans get their way, he will soon be managing them again.

The bizarre appointment was announced two hours before R's went down 2-1 at Birmingham City on Saturday.

By the end of another dismal defensive performance, fans among the 1,500 travelling contingent were chanting Warnock's name and directing 'you don't know what you're doing' chants at manager Chris Ramsey, as Rangers slipped to mid-table.

The 66-year-old Warnock, who oversaw 84 fixtures in all competitions in his time in charge of the R's between March 2010 and January 2012 and guided QPR to promotion in 2010-11, has supposedly taken on a part-time role helping Ramsey.

And according to QPR, it was the head coach who actually instigated Warnock's return.

■ CHRIS Ramsey – naive or supremely confident?

Much to offer

R's official website quotes Ramsey as follows: "Neil has a passion for this club and for football in general, and he's got too much to offer for us to waste an opportunity to tap into his knowledge.

"Adding someone to the backroom team has been on my mind for some time and I know Neil well, having spoken to him at length during his time at Crystal Palace when we were in talks about me going to join him as part of his staff.

"To get him in at this stage of the season, when the games come thick and fast, is perfect timing for us and a fantastic opportunity for us to take advantage of his unparalleled Championship experience."

Warnock's last job was at Crystal Palace, where he was sacked last December after four months in charge.

He said: "Full-time management doesn't interest me anymore but if I can help Chris and QPR by acting as a sounding board, then that's great.

"I've often been quoted as saying there's a gap in the structure of a football club for someone to come in to be a sounding board and offer advice, and I'm delighted Chris has shown his faith in me in this role.

"I'm really looking forward to working with him, he is someone I've always admired as a coach.

"When I look at the solid start to the season QPR have made, coupled with the squad we've got at our disposal, I think there's a real opportunity to climb the table and push on," added Warnock.

Under Warnock's leadership QPR were promoted to the Premier League in 2011 after winning the Championship, but he was sacked the following January with the club in 17th place in the table.

Director of football Les Ferdinand told www.qpr.co.uk that Warnock's presence will not compromise Ramsey's position and he is confident the pair will work together in harmony for the collective good.

LOFTUS ROAD RANGERS REVIEW

With Tony McDonald

"Chris has the final say on team selection, as he has done since the moment he took the job," said Ferdinand. "He is a very astute person and he's not above listening to anyone – it was his idea to speak to Neil in the first place.

Identical

"They both share identical philosophies about the game and the way it should be played. I'm sure they'll be bouncing ideas off each other for the betterment of the team."

Warnock, who has managed in all four divisions, has won seven promotions at six clubs and led QPR and Sheffield United to the top flight.

He has managed more than 1,300 games and won 40 per cent of his matches with the 10 Football League clubs he has served since guiding Scarborough to promotion to the old Division Four in 1987.

On the face of it, Ramsey can only benefit from the opportunity to tap into Warnock's wealth of experience.

But no doubt the cynics will see it differently.

It's not difficult to imagine owner Tony Fernandes losing faith in the inexperienced coach he appointed last February and turning to Warnock, at least as a stop-gap replacement, if R's don't quickly start to resemble promotion contenders.

Apart from undermining Ramsey in the eyes of supporters, it will be interesting to see what the players make of Warnock's presence in the background and what effect, if any, it will have on their response to their young manager.

So take your pick . . . Ramsey is either naive or has supreme confidence in his ability to quickly transform Rangers into strong promotion contenders.

Time will tell . . .

■ **AFTER last week's news that QPR had to cancel a dinner to honour their heroes of 1975-76 due to a lack of demand, it's some consolation to report that the club will still pay homage to its greatest ever team.**

Rangers play host to MK Dons at Loftus Road on Saturday and will be dedicating the day to their heroes of 40 years ago, with members of the squad set to be in attendance.

Players and staff from that great team – as well as Gordon Jago, who many credit with building the R's dynasty – will be in attendance.

At half-time, the club will mark their return by presenting players and staff with medals to commemorate their achievements.

■ **Continued from back page**

Then Mourinho explained what he wants from his mercurial Belgium midfielder.

"I can continue that way or he (Hazard) comes in our direction and he tries to replicate the same work as Willian and Pedro.

"I told the players that this is not the moment to think about themselves, or moan, or be selfish. This is the moment just for the team. I asked him exactly that – to look at the picture in a different way. I have to make decisions, to try and bring results back and have better stability.

"In the past we have made defensive mistakes, when we were under control. We have lost some balance, such as when a central midfield player has to be worried about giving cover to one of the sides. It's like a blanket – you pull this side and you have your feet left in the cold. So we try to get that tidy and we got that. The team was closed from one touchline to the other."

FOOTBALL FIXTURES

Saturday, October 24
West Ham United v CHELSEA, 3.00
FULHAM v Reading, 1.30
QPR v Milton Keynes Dons, 3.00
Tuesday, October 27
Stoke City v CHELSEA (Capital One Cup 4R), 7.45

■ Ali Adams (left) and Matt Skelton at the weigh-in before their Prizefighter tournament clash in 2010. Adams was beaten on points

■ **CHELSEA-based Ali Adams was born with the sound of bullets and bombs whistling past his ears. For his family and friends life was all about survival.**

This was Baghdad in 1981, two years after Saddam Hussein came to power. Ali was one of the lucky ones, because many friends died during the years of turmoil and conflict.

Despite the horror of the Iran-Iraq war, Ali Adams grew up with dreams – dreams that he still harbours today as a heavyweight boxer trying to make the big-time.

He grew up with one idol – Muhammad Ali. He watched films of the man who is rated perhaps the greatest heavyweight of all time and hoped that one day he could ascend to the biggest prize in sport like Ali, like Mike Tyson and like Rocky Marciano.

He wanted to wage a war of his own, a personal conflict with other heavyweights who stood in the way of a boyhood dream. There were no state-of-the art gyms, no-one like current manager and promoter Steve Goodwin teaching Iraqi youngsters the sweet science.

Having learned to fight his way through the streets of Baghdad, young Ali wanted to fine-tune his skills. When there was time for leisure between sheltering from air raids, Adams – the only professional Arab boxer active today – quickly took to the pugilistic arts, even though conditions were primitive.

"There's not boxing there at all – it's like fighting," said Adams. "We don't have bags in the gym, and when we ran in the street, we never ran in shoes – we used to run in bare feet.

"After running, we would put on old boxing gloves and spar without headgear, getting a crash course in boxing at its most primal level. We didn't know any different because we were born into war – all we saw was just fighting."

Wanting to pursue his boxing dream, Adams left Iraq for France and then London, where he settled in Chelsea in 2004, a year after the United States invaded his home country. His family still live in Iraq and the fact they are safe justifies his decision to leave.

But the west London fighter's career has not gone as many had predicted or as the young Ali himself had dreamed of – far from it.

While boxers such as Anthony Joshua stand on the verge of world title stardom, Ali Adams is slowly rebuilding his career – not just after a loss to Audley Harrison for the International Masters title at The Brentwood Centre in 2012, but because he was involved in a drugs scandal afterwards.

When he was tested following the Harrison fight, Adams' body revealed traces of stanozolol – the same anabolic steroid for which former Canadian sprinter Ben Johnson tested positive at the 1988 Olympics.

Adams protested his innocence and said the banned substance was contained in medication he had been taking for a neck injury. But UK Anti-Doping confirmed it was a drug violation and suspended his licence for two years.

His career record is 19 fights, 14 wins, four losses and one draw, including a comeback points win over Larry Olubamiwo (himself banned for drugs misuse) at York Hall in November last year.

During the course of the ban Adams kept training twice a day and going to university to take a degree in physical education . . . all this time still holding on to the hope that he would one day box for a living.

The Adams career seems to have stalled but manager and promoter Steve Goodwin wants to keep him busy in a division where anyone with an ounce of talent has a chance of reaching the very top.

"I still dream of being heavyweight champion of the world and as long as Steve Goodwin can get me the fights and keep me active, I know I will be a champion," said Adams. "I would like to fight Audley Harrison again and I have challenged him because when he beat me I had left all my strength in the gym.

"I want him to fight me again and after that I can continue to step up in class and move a step closer to my title dream."

Adams' next test on the comeback trail will be back at York Hall, Bethnal Green, on December 5, when he fights Dominic Akinlade for the Southern Area title.

Peter Faulkner

● RUGBY UNION

■ **HAMMERSMITH & Fulham frittered away an eight-point lead in the final 10 minutes against Enfield to draw 22-22.**

The home side were looking to get their season back on track after a disappointing loss to Woodford. But persistent penalties at the breakdown plagued them throughout the match and the visitors slotted a penalty with the last kick of the game to square things.

Captain James Smart said: "It's very frustrating to concede so many penalties and it's something we have to get wise to. Being too eager to compete for the ball has been a problem for us at the beginning of the season.

"On the balance of things, Enfield probably deserved to win."

Hammers started the game brightly with assaults on the Enfield 22 , with winger Calum MacKenzie (left) eventually crossing the whitewash. But the visitors edged their way back into the game due to repeated penalties conceded by Hammers.

The home side hit back with a well worked try from Huw Bowen, only to concede before half-time.

The second half was much of the same story. Enfield were able to work the ball forward through their forwards and soft penalties continued to give easy yards away. Going into the final 10 minutes, Hammers had an eight-point lead but a driving maul brought the score to 22-19.

Again, a cheap penalty cost Hammers and although they managed to prevent another rolling maul from going over, an offside at the breakdown gave Enfield an easy kick under the posts to draw the match.

London Weekly News

SPORT

Thursday, October 22nd, 2015 ● SPORTS DESK: 07711 169 427

Costa lifts Mourinho

■ 'BAD GUY' Diego Costa was back to his rampaging best against Aston Villa Pic: Rob Newell/Digital South

● By LWN reporter **Paul Lagan**
sport@londonweeklynews.co.uk

JOSE Mourinho breathed a huge sigh of relief following Chelsea's much-needed 2-0 home win over relegation-haunted Aston Villa on Saturday.

And he will need all the luck bestowed on his side by the Midlanders when Blues cross London to take on fourth-placed West Ham United at the Boleyn Ground on Saturday.

A Brad Guzan goalkeeping howler, which allowed Diego Costa to slide Chelsea's first into an open goal, and an Alan Hutton own-goal gave Blues the three points at Stamford Bridge. It was just what Mourinho needed after a disastrous start to the season.

Costa had just returned from a three-match suspension and was typically in the mood to do battle.

Mourinho confirmed that he needed his number one striker back on the pitch.

"Of course we need him," he said after his side's third victory of the season had lifted them to 11th place in the Premier League, six points behind West Ham.

"Diego Costa was good. He was very strong against Arsenal, then we lost him (to suspension) for three matches. I did not know if he was going to score goals, as they can be very unpredictable, but the way he was working at training for the past two weeks, I knew he would bring something positive for us.

"When we lose him we're in a bit of trouble, because the team depends always on a striker like him, from a character, from a personality like him."

Violent reaction

Mourinho has been concerned that since the Spanish international striker has come to Stamford Bridge following his signing from Atlético Madrid last year, he has been a target for opposition players who have tried to rile him into a violent reaction – with a degree of success.

"Of course I'm pleased he didn't react. He will get (that provocation) until the moment people point the finger at them and show the images, re-show the images and have the top pundits speaking about it.

"In this moment he is the bad guy.

"What he learned is the big desire for people to find the negative things on him. That, he clearly knows."

But Costa clearly knows how to play as a top-quality front man, too.

"Yes," said Mourinho. "He has the character, the personality, to do it. He has the movement, the starting pressure (high) up, to stretch the game when the team is under pressure, to ask for the ball in the space and to let the team come out of the pressure zones. He has a lot of tactical qualities that the team needs.

"You always try to find in teams leaders or different kinds of leaders. Diego is not a leader in the dressing room – he doesn't even speak fluent English – but in a game, the way he plays, the way he gives his body to the cause, because his body is always very punished, is brilliant. The team needs that."

So would Mourinho offer Costa the captain's armband anytime soon?

"You'd kill me!" he laughed.

This week at STAMFORD BRIDGE

While Mourinho's mood has certainly lightened in the past two weeks since the infamous 3-1 defeat to Southampton that sparked his 'back me or sack me' diatribe, the mood of Eden Hazard must be so dark he could be almost blinded.

Mourinho opted to drop last season's player-of-the-year and then publicly bawl him out by telling the Belgium star he must toe the line, change his attitude and perform much, much better.

He also dropped Nemanja Matic in favour of 18-year-old Ruben Loftus-Cheek for the Aston Villa match.

But while he brought Matic on at half-time for the youngster, Hazard was left stewing on the bench until the final eight minutes.

Mourinho bided his time in his press conference after the game before laying into Hazard.

"The team is not the same as last season," he said. "The team starts badly, the team concedes goals, the team is losing and then the opponents defend with everything. I don't like to individualise, never. It is never fair. It is difficult for the team to be bad and for a striker to be brilliant. It's difficult."

So what of the game against Villa?

"It was not a brilliant performance but a solid one," he said. "I think in football you are brilliant when the confidence levels are very high and the players are able to put on the pitch all their qualities.

"When the confidence is a bit low and the results are not good, the players feel the pressure of the moment and the quality goes a bit down, so you have to bring other ingredients to the game. And they did it in an amazing way.

Great balance

"Defensively, we were good and had great balance in the team," he said. "Villa had a couple of moments in the first half but apart from that, we had it under control. I would not expect us to come from a bad period to being brilliant. I was expecting this kind of answer and it was there."

So, why was Hazard dropped?

"Eden Hazard was left out because we are conceding lots of goals," he explained.

"We need to defend better. We need our midfield players to be just worried about the central side area of the pitch and not worried about compensating on the left side (where Hazard operates). And by playing with Pedro and Willian, the midfield players don't have to look to the left or the right, because they know they control that area very well. They did amazing defensive work on very good offensive players in Alan Hutton and Kieran Richardson. They allowed Ramires and Cesc Fabregas to control the centre of the pitch.

"So it was just a tactical decision. Having super-quality on the bench by bringing tactical discipline and hoping the team might be solid."

■ Continued on page 27

Focus on Craven Cottage

By TONY McDONALD

Symons puts case for the defence

FULHAM showed on Saturday that by holding high-flying Middlesbrough to a goalless draw they are slowly learning the art of defending well as a unit, to add to their more familiar trait of creating and scoring goals.

This new-found resilience came as a blow to Boro, who had plans to close the gap on Championship leaders Brighton but, instead, slipped to third in the table.

Instead of blaming his team for their inability to break down The Cottagers' stubborn defence and going 180 minutes without scoring, Boro boss Aitor Karanka – a protege of Jose Mourinho from their time together at Real Madrid – complained about Fulham's time-wasting tactics and made his feelings known to referee Peter Bankes and his colleagues at half-time.

In his post-match press conference, laced with excuses and a blame culture often associated with Mourinho when his Chelsea team has failed, Karanka said: "They were wasting time since the first second and the referee permitted them to play that way and we couldn't play in our style.

"They were always trying to waste time, the referee permitted them to waste time every single minute.

"I was speaking to them (the officials) at half-time and they said they would address it but the second half was more or less the same."

When asked if he had anything to say about the alleged time-wasting, Fulham manager Kit Symons said: "Not particularly. If they'd have been one-nil up I don't think they'd have been rushing.

"They were having a bit of a grumble during the first half but it's not something we set out to do.

"After we played Charlton and were winning 2-0, but then drew 2-2, we had some chats about managing the game better.

"So to come here against a very good side, a tough place to come, you're not going to rush after balls. The referee got a bit shirty at the end but we managed the game well and I'm pleased."

On another day, Karanka might have had even more to complain about, because Fulham created enough chances to win the game against the side with the best home record in the second tier. Whites' top scorer Ross McCormack missed a good chance to snatch a late winner.

Symons added: "To come here and keep a clean sheet is excellent, I'm delighted with that, but we could have nicked it."

Fulham had conceded more than double the number of goals Boro have leaked this season and let in five in their two outings prior to the trip to the North-East. But the west Londoners defended resolutely in numbers.

"They had a lot of pressure at the end and put in a lot of crosses but they didn't really get many shots away on our goal," said Symons. "That was due to our good defending and getting our blocks in and defending the crosses well.

"I'm very pleased with the performance. But like I told the players afterwards, I don't want people going giddy with that. We got a point. A well-earned, hard-fought point, but that's our levels. That's what I expect week in, week out."

Goalkeeper Andrew Lonergan had to be replaced by sub goalie Joe Lewis in the 77th minute after suffering a hamstring injury. He hopes to be fit to face second-placed Reading at Craven Cottage on Saturday.

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